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Higher Mental Action.

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Higher Mental Action

— by —

THOMAS ROBERT GAINES

Author:

"Arise and Shine" — "Y. Y. C." —

"Health Is In You" — "The Magic of Breath Power" —

"Food—the Key to a Century of Better Living" —

"The Magic of Self Healing" —

"New Light from the Old Book" —

etc.

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DEDICATED LOVINGLY TO MY SON
TOM

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Thomas Robert Gaines

Los Angeles, California

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PREFACE

A New Age has been born upon the earth.

People who are now living are ushering in this wondrous age of super-thinking, which will lead to undreamed of higher-dimensional discovery.

Our lives are measured by our Consciousness of Life. The mentally unawakened individual is held in subjection because of his undeeptened consciousness. The awakened, yearning, reaching, mentally intelligent person has a super-consciousness which enables him to constantly advance, increase, prosper and unfold.

We live simultaneously in two worlds. One is the World Visible, the *effect* world or gross state. The other is the World Invisible, which is the *cause* world or subtle state. Each of our worlds is governed by varying dimensions of mind.

Mankind ordinarily uses the *microcosmic* or personal mind. This personal mind has two planes, the conscious and subconscious. These twin mental states are related to our physical self and to our visible world.

Each one of us has also the potential ability to use the *macrocosmic* or Absolute Mind in its two planes, the astral and the universal. These higher mind dimensions are related to the invisible or infinite states of the universe.

A happening that is considered impossible in the microcosmic world is but an ordinary event in the macrocosmic or invisible world.

As we increase and expand our mind consciousness, we may—through the power of Creative Concentration—make the invisible become visible. We can also project a mentalized object so that others who are sensitive may see it.

This seemingly miraculous phenomenon is being produced today by those who have worked toward such higher dimensional mental states.

The quickest way to gain super-mental power is by the personal establishment of faith, courage, intelligence and the will to investigate all phases of life. These accomplishments should be coupled with daily periods of intense concentration and mental visualization.

Also, controlled breathing exercises should be practiced as outlined in my book, "The Magic of Breath Power." Likewise, strict attention should be given to the diet. Read "Food—The Key to a Century of Good Living."

I am so accustomed to unusual and strange events and happenings that it amazes me that vast millions of the human race are content to dwell in sickness or need when health and abundance may be surely acquired by the deepening of our consciousness by creative or higher mental action.

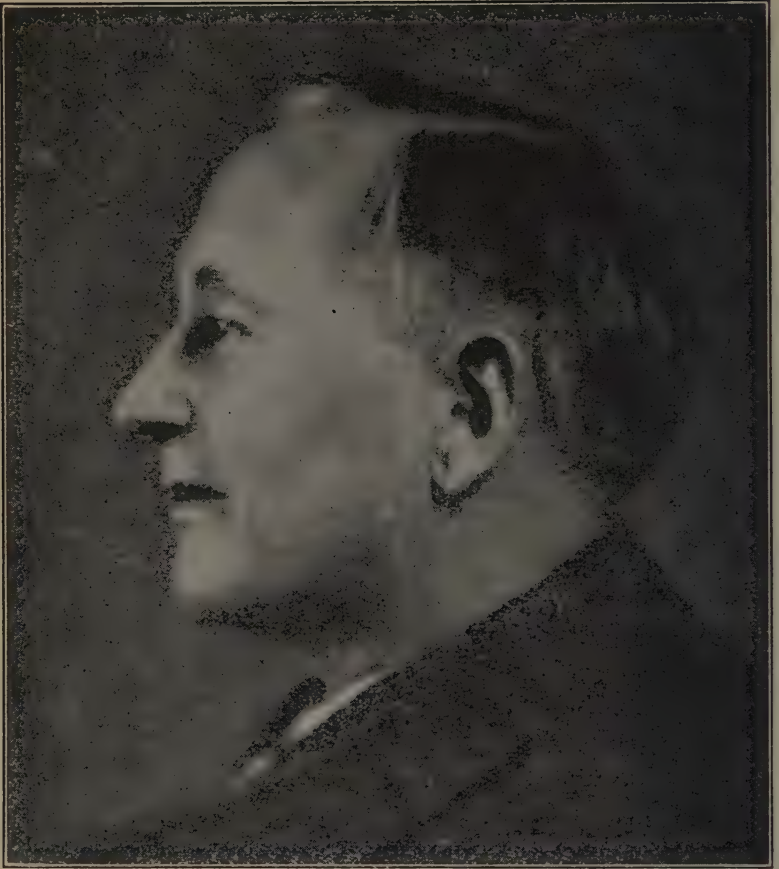
As we apply the Cosmic Truths presented in this little book, the door to a larger and better existence opens wide. Out goes sickness, fear and darkness. In flows health, courage and light.

Truly do we find, in the practice of higher mental action, the way to superb living, to perfect understanding, to the acquirement of the Cosmic Consciousness, to the awareness of the Infinite Presence.

Peace!

Thomas Robert Gaines.

"The Universe is full of magical things patiently waiting for our wits to grow sharper."—*Edin Phillpots.*



Thomas Robert Gaines

HIGHER MENTAL ACTION

Whenever we find Law at work we discover intelligence in action. Our World, because of its order and regularity, must be governed by Cosmic Intelligence. It is not simply a world ruled by mere haphazard chance.

DON'T LOCK YOUR LIFE'S DOOR AGAINST PROGRESS

There is an intelligent Mind behind the Universe, the Mind of the COSMOS. This Supreme Mind protects and advances all who are willing to devote time and energy to its discovery and utilization.

It is wise and profitable to do first things first, and to live WELL should be our first endeavor. It is foolish and almost cowardly to postpone GOOD LIVING to some dim and uncertain future. Today, this present hour, valiantly dare to open your life's door to increased supply and larger progress.

Decide to come out of the limiting confines of ORDINARY thinking and living and begin to DEMAND more from life. Life certainly holds everything that we need, and all possessions essential to our happiness and enjoyment are OURS for the claiming.

As you begin to live the way of higher mental action, your life expands because you have OPENED your mind to comprehension of the COSMIC POWERS of the Universe, and you speedily learn that sickness, worry, discord and failure belong to the plane of unreality and are nothing but unnecessary tragedies.

DECIDE, "I MUST GET MORE FROM LIFE"

Once upon a time a woodchuck was being chased by a huge dog. Out of hope and breath, madly panting, the woodchuck reached a tree, with the sharp, open teeth of the dog scarcely a foot away. The hunted animal quickly decided that the only way of escape was to climb the tree. A woodchuck had never before been known to have the ability to climb trees. But this woodchuck thought, "I MUST do it to save my life," and he nimbly mounted the friendly tree that instant.

The closed mind is the implacable foe of progress. The practice of continuing to do things the OLD way often rears up a self-built WALL that prevents the vast discovery of the truth and power of higher mental action. Closed mindedness tends to imprison us in a rut of shallow, low SATISFACTION, content with a commonplace, uncontrolled, generally unsatisfactory type of existence.

AFFIRM "I MUST KNOW MORE ABOUT LIFE"

As we prepare for a life of REVELATION, as we PERMIT ourselves to investigate the little understood unseen principles of Cosmic Mind, we suddenly DISCOVER there is another world within our world, a power world of extraordinary INVISIBLE but PERFECT ACTION.

As we comprehend this mighty invisible world and make use of its potentialities, and make its laws our AUTHORITY in life planning, we immediately find ourselves moving into a richer, vaster and more creative plane of existence.

BE ASHAMED OF SICKNESS!
BE ASHAMED OF POVERTY!
BE ASHAMED OF FEAR!

Be ashamed to accept anything that hinders you making life richer and more enjoyable. Don't decide to wait until you die to enjoy celestial happiness, peace and harmony. You can get anything you want, here and now, when you have developed the courage to say, "I must learn to live higher so as to have the health, money and power that I need."

Life is plastic molding clay; you can mold the idea of "I hope or wish" into your desires and probably you will never objectify them. The moment you impregnate the spirit of "I must," you proceed at that moment to create and fashion them.

A CASE IN POINT

In the summer of 1925 the writer was summering with a group of forty students in the Adirondack Mountains in the state of New York. One sultry afternoon, I stood alone on the side of a hill and looked down into the natural amphitheatre below. The impression came to me that some day I

could expand my summer work to deserve one thousand students to pass their summer vacation at my summer school.

Accordingly, I closed my eyes and mentally visualized, and spoke the word audibly that I was to have a Summer Center within five years, capable of handling and actually housing one thousand students, covering a ten week period, from July first to September tenth.

For the three following years the number of my students attending my Summer school kept INCREASING. In 1925 we accomodated but forty. In 1926 we had one hundred and twenty. In 1927 our total enrollment reached four hundred. In 1928 the miracle happened at Brigantine Beach, in the state of New Jersey. We actually had one thousand men, women, and children summering with us for periods ranging from a few days to the entire ten weeks of the school's duration.

Wise is the man or woman who becomes a firm believer in the power of CREATIVE THINKING. Thought is a spiritual force and, being invisible, is the cause, not merely an effect, as is the visible. The creative thought when combined with mental visualization and the DECREEING word is verily a worker of miracles.

ALL GOOD THINGS MAY BE YOURS

Do not resign yourself to anything save that which is profitable and good. Wage a mental and physical FIGHT for the best things in life and as you fulfill the law they will inexorably flow to you. In a dog fight it is not the size of the dog that matters, but "the size of the fight in the dog."

TURN FROM UNCONTROLLED THINKING

The vast majority of people are living to suffer when all might be living to exultantly REJOICE. Most people think in finite terms, instead of in the terms of power. People hope, wish, and desire, but few have learned to DEMAND.

Life is eager to share with us all of its blessings. But the price demanded is to EXPECT and deserve to receive, not just weakly hope that some day some of the good things of life might be ours. Life is amenable to our THOUGHT. Everything in life responds to HIGHER MENTAL ACTION, including the body, the mind, the winds, the trees, the weather, rain, clouds, even life itself.

LIFE IS A FORCE—USE IT!

The principle of life is intelligence. When thought is used intelligently or creatively, we discover the fulfillment SECRET of the Ages. Life is responsive to our FOREMOST, directed deep thoughts. As we control our thoughts, we proceed to SHAPE our personal fate, life and earthly destiny.

The late Sir Thomas Lipton once told me, "Three months before I opened up my first grocery store in Glasgow, I sat in silence for an hour each day and mentally visualized that my new store would be thronged with men and women carrying bags and basketfuls of groceries out of the store on opening day."

"In due time it happened as I mentally DECREED," said Sir Thomas. "Later I visualized that the largest cracker factory in the world would be located in Dublin, and that it would be controlled by myself. Again," continued Sir Thomas, "it so came about exactly as my word and thought demanded and ANTICIPATED mentally. The world's largest cracker factory was erected in Dublin, Ireland, under the control of Lipton's, Limited."

SOMETHING RULES OUR LIFE

Truth or error rules our life. Error rules when we accept what ordinary living sends. Error rules when we believe we are groveling worms of the dust. Error holds our life in bondage when we are devoid of the spirit of faith. When we see with the eyes of faith, when we dare to speak with AUTHORITY, when we think CREATIVELY, when we DARE to demand the highest and BEST that life holds, then we demonstrate that we have broken away from the cruel enslavement of error and common, chaotic living.

ACCEPT TRUTH—NOW!

Make this test. Close your eyes and begin to VISUALIZE the thing you want above all else in life. Spell out your desire mentally while you print its name in the plastic UNIVERSAL mental, moist atmospheric soil which surrounds you. Use your right index finger to transcribe your need in the atmosphere. For a few minutes contemplate your desire. Say audibly, "I

must have this necessary possession to sweeten and enrich my life." Decree mentally that, because of your ONENESS with COSMIC MIND, your word is creative, and your thought a magnet to attract your desire to you.

We are living in a sort of sleep or coma unless we awaken to the FACT that life is ours to control. Besides, the UNIVERSE co-operates with us the moment we have the audaciousness to speak decreeingly or to think creatively. Life is ever willing to grant us its BEST, and it always will be. Our job is to improve our manner of thinking and living so that we may DESERVE life's highest and best. AS we learn to use our mental forces intelligently, so will we lift our status of living to undreamed of heights.

"ASK AND YOU SHALL RECEIVE"

In the city of Detroit, in the spring of 1927, I requested the Cosmic Mind to show me how to EARN \$5,000 quickly which I needed for a special altruistic purpose. I requested that this sum should be in my possession within three weeks.

I wrote down my desire on a sheet of white paper and signed my name to it. Just before I retired I made the mental arrangement with the Unconscious Mind that I would awaken slowly in the morning and my hand would be guided to write down on a large pad which I placed by my bedside the way or plan which I should pursue to obtain the \$5,000 I sorely needed for my special humanitarian project.

I prolonged my awakening the following morning and remained connected up with Cosmic Mind in a form of partial self-hypnosis. I waited, serenely and confidently, pencil in my right hand and a large yellow pad in my left, for the necessary instructions as to the method I should employ to obtain the required sum of money.

In a little while I was constrained to write down these words. "Wear a white full dress suit during your next series of lectures and you will receive the needed money." This answer came to me on a Thursday morning, and the next stop in my lecture tour was a large Eastern City, 1000 miles distant.

I called up a leading Detroit tailor at once, and had my measure taken. He promised to fit and make my white suit within two days, as I was advertised to speak in the Eastern City the following Sunday. The suit was delivered just before

train time, and incidentally, it proved a most excellent fit. Also I had never before worn an all white dress suit on the platform.

Three weeks later I closed the largest group of students I had assembled in any class before or since. *On the closing night I handed a white filing card to each student and requested him to write down the underlying motive that impelled him to subscribe for my course of instruction on Vitalic Breathing and Food Harmony. Exactly eighty per cent of the 200 members who had paid \$25.00 each for the class work wrote down, in various ways, "Because you wore a white suit."*

LET YOUR HIGHER SELF ARISE!

Resolve to break away from the old LIMITED self, the self subject to suffering, failure and sickness. That is not your TRUE or real self. Begin to create your greater self through the discovery and practice of the mightiest principle of truth—higher mental action. To live and move and think in the consciousness of COSMIC MIND is the rational and intelligent way to live abundantly. The truth of Cosmic Mind is the key to an invincible life, it is the secret of dominion, it gives to its possessor the POWER to awaken, to arise, and rise to the topmost altitude of living. With COSMIC TRUTH we have the capacity to make our individual lives expressions of harmony, beauty, freedom and success.

WANTING BRINGS DOMINION

"In Japan," writes Luther Burbank, "there was a certain type of plum tree that yielded fruit most bitter and almost inedible. For many years the Japanese people thought flavor and sweetness toward these plum trees. Presently the bitterness departed from the fruit, it took on a delectable taste and assumed a glowing color. This plum today is one of the most favored fruits of Japan."

Directed thought is a creative principle. Direction should be a daily and even hourly habit. Speak to the food you eat and command it to heal your body. If you eat food that is vital and alive, the healing will be accomplished much faster. Speak to your radio and telephone and visualize harmony and happiness from their use and presence in your home. Speak to your eyes, ears, mind and feet and command them to lead you toward sources of power.

DESIRE IS COSMIC POWER

To desire and measure up to the law of FULFILLMENT governing our desire will surely win us our wishes. About the year 1900, a young man who was employed in a minor way in a wholesale establishment on lower Broadway, New York City, stood on the sidewalk and watched Prince Henry of Prussia ride by. The Prince because of his high station "had the right of way" through the streets of the city. Every wheel stopped for him. The young man whose salary at that time was but \$6.00 per week was so thrilled with the great honor bestowed upon the Prince that he determined that he, too, would in time be deserving of such a high honor. Exactly twenty four years later, through increased business ability and higher mental understanding he had the "right of way" granted to him through the streets of New York City for a distance of almost thirty miles. This is a true story, an actual happening, for the writer was the man concerned.

TAKE ON THE "MUST" CONSCIOUSNESS

There is a way to the source of power which gives us dominion over ALL conditions. As we begin to use the law of Cosmic Truth, we find the correct answer to every problem that confronts us. As we follow this light we seem to be able literally to COMPEL life to solve our every problem.

The commanding officer of Napoleon's troops who were attempting to scale the Alps in the face of a blinding blizzard, decided it could not be accomplished. Napoleon said, "The Alps must be scaled." For a few minutes with closed eyes, he deliberated and the way to achieve his need was flashed to him. He said to his officers, "Order out all the olive oil on hand and have the men rub their feet and bodies liberally with it." This was done. The oil warmed the bodies and heartened the minds of the soldiers. A little later every last soldier topped the Alps that day.

MAKE POWER THOUGHTS A HABIT

If you want to live a life of power you must take on its CONSCIOUSNESS until it is an abiding presence. Like attracts like. You cannot expect the best if the idea of the

worst dominates your mind and heart. Fill your brain with the thought of good. Life never reaches higher than the quality of our highest thought. Our outer world is always colored by the kind of thoughts held in our inner world.

At this moment if you are confronted with sorrow or sadness, begin to demand light. Affirm, "I must have light." Do not deny the existing darkness, but do look beyond it and COMMAND the light to melt away the darkness of your problem. Persevere even though you have to pass through a trying waiting period. Be constant in faith and affirming for the light of Cosmic Truth, and you obey the law of desire fulfillment. As you INSIST on the light of truth, it is inexorably attracted, and presently all the better things are yours.

A BLIND MAN CANNOT DISCERN COLOR

When we remain blind to the vast potentialities of existence, truly are we our own task-masters. Dwight L. Moody spoke for all of us when he confessed, "I have more trouble with myself than with any other person I ever knew." St. Augustine prays, "Oh Lord, deliver me from my greatest enemy—myself."

All around us are the SOURCES of health, happiness, joy and success. As long as we lack the consciousness of the higher mental action necessary to obtain these blessings, we cannot be lifted or favored by their presence. To become cognizant of this rich supply, we have to expand our mind until it is wide enough to find the method whereby we can develop the MENTALITY which imparts the necessary vision to sense that life is nothing else but opportunity and reward.

IN ERROR WE SEE THE UNREAL!
IN TRUTH WE SEE THE REAL!

Unless truth guides and sways our decisions we hamper and persecute ourselves. All sickness, fear, worry and limitation are created in the consciousness of error. In error we are prone to trust and believe in that which is not so. If life is not friendly and smiling, the fault is our own.

Take stock of your life as soon as you possibly can. If life is a cry you can change it into a song. Affirm "I take on the consciousness of a larger and richer life and nothing lesser"

shall satisfy me." Keep that life ideal before you. Feel that you must live such a worthy life. Feel that your old lesser self is dead and your newer and greater self is ARISING to the state of control, power and dominance. Life always is as is our consciousness of life and living.

When life is not agreeable, it is squarely up to us to examine the trend of our foremost thoughts. Thought is a VIBRATION that affects the individual expressing the thought and all those within radius of that thought influence. To a lesser degree, an individual's thought affects every living creature existing upon the earth.

A person's deep thought also affects the entire earth, all forms of life, and even the Universe itself. The Ancient Hawaiians, when they wanted more wind, would go out into the ocean for several hundred feet and WHISTLE for the wind to blow. And it is recorded that the wind came at the mental and breath request of the faith-filled seeker.

Thought is harmonious or positive, disharmonious or negative, false or true. Every type of thought, GOOD or EVIL, is positive or creative in its nature. Its operation produces a design, pattern or impression in the mind of the person who expresses the thought, also in the world mind, and finally in Universal Mind.

Thought, therefore, is not an airy nothing. In reality it is a mighty force and an invisible power of stupendous potentiality. As we deepen our thoughts, our word, which is thought in action, becomes highly creative. Here is a personal authentic, pertinent illustration.

HOW TO PREVENT LOSS

In the fall of 1926, I was lecturing in a large Mid-Western City. One morning while out walking I suddenly remembered I had left the sum of \$25.00 in bills on the table in my bedroom. Immediately I spoke the words of loss-prevention. "There is no loss in Truth, my own shall come to me." On my return to the hotel, I inquired at the front desk if any money had been turned in, which was found in my room. A negative reply was given.

I questioned the maid who made up my bed and cleaned up the room but she professed to know nothing concerning the absence of the \$25 I had left on the dressing table. I decided

not to press the matter any farther but I faithfully reiterated my protective affirmation, "There is no loss in Truth, my own shall come to me."

Before retiring that night I locked my door and placed the key on the top of the desk which stood by the side of my bed. When I awakened next morning I had no thought of my loss registering in my conscious mind. I got up, bathed, and dressed myself, and went toward the desk to get my door key which I had deposited there eight hours previously.

To my astonishment the key was not in sight. I searched for it carefully. It was not in the desk, nor was it on the floor in the vicinity of the desk. Whenever I am in a quandary, I have made it a LIFE HABIT to sit down, clasp my hands with thumbs touching and meditate. This procedure I immediately carried out. As I silently meditated I was constrained to arise and lift the top mattress at the head of my bed. This I did and there I found my missing \$25.00 which had evidently been hidden by the chamber maid.

As I was about to telephone for a bell boy to come up and unlock my door, I chanced to glance at the top of my desk, and there, in plain sight, was the missing key. The invisible had become visible when the cause for its invisibility had ceased. The Universal Mind had led me to the missing money in its own perfect but mysterious way. After that, there was no further need to hide the key from my sight.

Almost every week I experienced such unusual happenings, or "coincidences," label them as you will. For many years I was skeptical as to the power of an INVISIBLE world of higher mind. Now I am absolutely convinced that I am living simultaneously in two great worlds: the conscious and Cosmic.

RISE ABOVE MEDIOCRITY

Implant the idea of forwardness into every activity of mind and body. Decree deeply that you are in the world to rise, to grow, to prosper. Because you are attuned with COSMIC POWER, nothing that is good can be denied you. Affirm that you are born to succeed, to achieve, to win. Let no failure-thought hinder your forward progress.

Fanny Crosby, the blind hymn writer, in her eighth year wrote:

"Oh, what a happy child I am,
Although I cannot see!
I am resolved that in this world
Contented I will be.
How many blessings I enjoy,
That other people don't;
To weep and sigh because I'm blind
I must not and I won't."

Equally striking is the statement she made on her ninety-second birthday: "I never fret or worry and never think disagreeable thoughts." Fanny Crosby failed to find the power to heal her blindness, but she adjusted herself harmoniously to her limitation and found a FRUITFUL compensation in high and inspired service to others.

ABIDE IN THE SHADOW OF TRUTH

When bad news comes your way, refuse to believe that it belongs to you. Argue, "I am in truth and truth PROTECTS its own." Refuse to be bound by the shadow of sickness or misfortune. Literally begin to drive the idea of loss and danger out of your mind. As you follow this plan of action, the difficulties will be likely to modify or disappear and peace of mind will again be restored.

On one occasion a new \$90 overcoat was stolen from the writer. I affirmed immediately, "There is no loss in truth." In a totally unexpected manner, a monetary compensation of \$500 was attracted within the following four weeks. There is always a REWARD in the practice of truth. Suffering, distress, or failure never follow its practice.

MAKE LIFE-BUILDING A GAME

What your mind dwells most upon is, in all probability, going to become an actual life-experience for you. Thought becomes a principle as it is deeply felt. As you fear disease, you attract it. As your thoughts concentrate on loss, failure dogs you. As you think on trouble, strife and disharmony, they, like noxious weeds, proceed to take root in the GARDEN of your mind.

In higher mental action, the lesser and lower things rarely crop up in the mind. Truth lifts us to a higher plane of thinking. The understanding of Cosmic Truth shows us how to eliminate non-essentials, the unworthy and the spurious. Such understanding enables us to surround ourselves entirely with things of consequence and worth. The minor and petty are apt to trouble all who are outside the INTELLIGENCE of truth. Life is light, love and beauty when Cosmic Truth directs and guides our every undertaking.

TO LIVE IS OUR FIRST JOB

Those who are misinformed as to the true meaning of life, those who have never taken the time to investigate life, are inclined to belittle or speak disparagingly of our physical existence. With all due respect to the opinion of these erring folk, the business of life is *LIVING*, not dying. It takes courage and intelligence to live long enough to discover the true meaning and rich goodness of existence. If we lack the courage to explore life we cannot hope to comprehend its potential fullness and grandeur.

Our job here is to make our heart's demonstration; to rid ourselves of weakness and sickness; and learn to become happy, intelligent, whole and rich. We cheat ourselves when we feebly pray or hope for these blessings. The way to all *RICH* supply is the thought, "I must bless my life with every form of necessary supply" and then work to make our desire a present reality. In higher mental action the seemingly impossible desire may become a simple and immediate demonstration.

COSMIC MIND IN ACTION

In the spring of 1926, the writer rented a forty room mountain inn located in the foothills of the Catskills. About half a mile from the house was a narrow but lively mountain stream. The stream was dammed up by a concrete wall in its widest part; thus was formed a swimming pool four feet in depth.

When I opened the house to my students on July 2nd for a ten week study and recreation period, we found the base of the concrete wall had become dislodged and swept away, and our bathing pool as a consequence was but a foot and one half in depth.

In our advertising circular we had announced a bathing pool so we were in a quandary as to how to quickly repair the damaged dam so that the large hole in the concrete center could be filled in, that the fifty guests scheduled to arrive on July 4th would have a place in which to bathe.

On the evening of July 2nd the five guests who had arrived that day assembled with the writer in the quiet of the summer's night. We sat in silence and agreed to deeply visualize that the wall would be repaired during the night so that the pool would be filled, also that the mountain stream would be flowing over the dam wall when we awakened in the morning.

Bright and early the next morning we visited the swimming pool and found our visualization had actually objectified. The breach in the wall had been repaired with logs and brambles, leaves and small stones. The pool registered almost five feet in depth and the water was pouring over the wall to a height of almost one foot.

Here is the explanation of the seeming miracle. For a few hours during the night a terrific rain and wind storm agitated the vicinity. Down from the mountain poured the driving stream carrying all kinds of sod and stony material in its embrace. As it reached the impeding dam wall in the vicinity of the pool, the floating material acted as a building element and it was in sufficient quantity to fully repair the breach in the wall so that for the whole summer season we had our bathing pool at its potential maximum depth.

Possibly this occurrence might be considered a chance happening, but the writer chooses to believe it was a decreeing thought that reached Cosmic Mind and brought about the required repair of the dam wall.

LIFE IS GIVING AND TAKING

When we lie about others, we will be lied about. When we speak unkindly of others, others will speak unkindly of us. When we cheat, others will cheat us. When we exploit others, we, too, become subject to exploitation. When we deceive others, we are in danger of being deceived. Every time we RELAX our vigilance, we open ourselves to accident or danger. When we do not appreciate our health, it will surely be taken from us. When our life is not personally guarded and vigilantly protected, we are liable to lose it.

The great Carlyle thunders, "Life is law." It is, and the sooner we believe that "As we sow, we reap" the better it will be for us. Life is the law of sowing and reaping. Every school child should be drilled in this vital truth. "The way you eat, think and do today, so will be the quality of your life tomorrow." Most people do not know that life hands back exactly what they themselves put into life.

BANISH RELUCTANCE TO IMPROVE

How assiduously we should work to familiarize ourselves with the miracle working power of life, the principle of higher mental action. Man's inhumanity to himself is expressed by his slowness or reluctance to discover he is born to DOMINATE, not be dominated by the stress of life. Man has been given dominion over all the earth, but how few of us really perceive it. Like little children, we shrink from asserting the kingship of our inheritance.

The average man is lazy toward higher thinking. He is inclined to follow the line of least resistance. He loves to drift and evades the struggle. But he who struggles, prevails and becomes. Develop the MUST habit, engender within the desire to rise. Do not be satisfied for a single moment to remain untaught. The way of life is intended to be a rising way. It will be for all who are willing to help themselves to climb the heights by SUPERIOR methods of thinking and a more remunerative plan of life operation.

A VERIFIABLE STORY

In the year 1918, an educated and attractive young man, a Russian, unable to speak English, found himself stranded in a small town in central Texas. In order to earn a livelihood while mastering the English language, he went to work on a farm. He received no salary whatsoever; he simply labored for his food and lodging.

At the end of a year he decided that an empty pocket held little profit or attraction. Besides he had fallen in love and decided that he MUST get out of his rut of poverty, own a beautiful home, marry the lady of his choice, and become a somebody.

He decided to tramp to a large distant city to try to locate a wealthy Russian friend. He had to pass through a smaller city before reaching the larger one. While there he noticed a sign on a magnificent mansion situated in extensive grounds, "House For Sale." Wiping the perspiration from his face and brushing the signs of travel from his ragged attire, he boldly ventured to ring the bell of the mansion, and was ushered into the presence of the owner of the beautiful house by the manservant who opened the door.

"I desire to purchase your home," the penniless young Russian explained. "It will cost you \$250,000," returned the smiling owner. "All right," said the young man, "I will buy it. Within five years I will return with the money, so please do not sell the place to anyone else."

Proceeding on his way, he found his journey had been in vain as far as the raising of money was concerned. His rich friend had moved away and he was unable to locate him. Hopefully he turned his face back toward Texas to the lady of his heart. Again he found himself in the small city where he DECREED he would live after his marriage. Again he visited the owner of the large and lovely home. Again he sought the owner of the beautiful home and asserted his intention of earning the \$250,000 in five years to enable him to purchase this home of his dreams.

In due time he arrived back safe and sound in the Texas town. He explained to his amazed fiancée his intention of purchasing and paying for the beautiful Colorado home in five years. His thought-wise wife-to-be advised him to go into a deep silence and look within himself and discover by what POTENTIALITY or service he could carry out his desires.

In the deep SILENCE he saw himself painting portraits. Immediately he began to do something which he had never suspected he could do for a living—paint. Customers in Texas were numerous, cash was plentiful, the young painter was masterful. In 1924, five short years later, the ragged tramp of 1918, returned to the little city and consummated his bargain. In return for the \$250,000 which he earned by SUPERIOR mental and physical action, he bought the mansion and so made his dreams come true for his charming wife and himself.

FIND INNER PEACE

All visible supply originated in the invisible. All the deep thinkers of the world practice daily meditation. Try to contact your achieving inner self. Just say "My mind is free from outer distractions." Externalization is a sin of many. We develop our outer world by turning our thought inward and aiming to discover what we are neglecting to do which, if done, could make us powerful or rich.

Tagore, the Hindu poet, bathes his inner self with the consciousness of peace each day. How excellent it is to have a mental house cleaning daily: to chase out the bats of darkness, to discard the junk of common thinking, to develop the power to make perfect decisions thus avoiding mental friction. Smoothness within is apt to make a happy outer world.

WHEN IN DOUBT—MEDITATE

Millions of Americans have to spend interminable hours waiting for trains and buses. In a comfortable railroad station seat, while waiting for a train, is an ideal place to utilize higher mental action to eliminate the valueless from your life. Affirm for what you **MUST** have to make life more valuable. The power to discover that which is valuable comes from without. The power to control life is an inner acquisition. In the process of meditation get acquainted with our higher, inner mental and spiritual sources of supply.

We are always on the edge of a greater world than our physical one. Our mind is designed to deliver us from the anguish of ordinary living. We can get what we want when we develop the courage and wisdom to dare to **CLAIM** a satisfying fullness of all rich supply. As we unfold the mental technique of inner control, our outer world is compelled to grant our desire and wish.

PERSONALITY POWER IS THE RESULT OF HIGHER MENTAL ACTION

Luther Burbank was so stamped with the outward symbols of an inward grace that in spite of his usual careless dress, everywhere people recognized him as a somebody. His attractive, pleasing personality flowed from him almost visibly. Mr. Burbank practiced inner understanding of values until he could

discern almost by intuition the weakness or strength in plant life by a passing glance.

More beauty was the longing of this great soul. He spoke to his plants and suggested they should hasten the changes he was seeking to make. They responded thousand of different times to his thoughts and spoken word. As our life UNFOLDS, we will discover that truly all of creation is subject to the will of man. But our will must be facing in the right direction to insure a perfect outcome.

THERE IS A UNIVERSAL MIND

There is an invisible influence within and without us. Man's mind is a figment of this UNIVERSAL mind. As we deepen our thought more and still more, revelation of this universal mind will surely take place. Every human being is influenced from birth to death by this invisible universal mentality. When Mr. Edison was asked where he got his wonderful ideas he replied, "From the atmosphere; the air is thronged with patterns of new inventions."

The power of man's mind transcends all else on earth. Our ordinary drifting thoughts will not enable us to tune in with universal mind and discern the laws of Cosmic Truth. To know truth we must desire it deeply and everlastingly seek it.

STOP WISHING—EXPECT!

The word impossible is being expunged from the minds of thinking people. We are always in tune with law of supply. Says Napoleon, "Impossible is the adjective of fools." Nothing is impossible in truth. A small mind is obstinate; it cannot behave in a large way. A great mind can lead and be led. Do not let doubt betray you. Believe in higher mental action and its almost BOUNDLESS possibilities.

Our conscious mind is finite and limited. Our unconscious or Cosmic Mind is infinite and limitless. Increased faith is higher mental action. It will almost move mountains when it is linked in with the VASTER faith of Universal Mind. Human intelligence is limited. Cosmic intelligence is unlimited. Let us turn from the lower trends of thought to the higher. The seer says, "The tree we plant grows while we are sleeping." Let us plant universal thought seeds in our mind now so that Universal Supply, in all its abundance, will soon flow in our direction.

LIGHT DISPELS DARKNESS

Develop the purpose of creative living. Speak out your desire into the universe. The universe delights in being used.

The universe is your servant when you utilize it. It cannot help you when you fail to comprehend its laws. It cannot profit you unless you use its powers to make you healthy, wise, and rich. Life is greatly ENHANCED and benefited as we deepen our thoughts. As we make a practice of demanding and deserving what we want from the universe our needs are filled.

THINK AND BE WELL

A young married woman with a two year old boy was pronounced tubercular. She was ordered by her physician to leave her child and go to the mountains of Colorado for a two year rest cure. She requested the writer's help as she rebelled against the idea of leaving her loved ones. I told her to look out of the window at night with an EXPECTANT consciousness and await the healing word of universal mind. Expectantly she waited night after night. Suddenly one evening she began to breathe in deep diaphragmatic sniffs and proceeded at the same time to pound the chest region rather forcibly with her clenched fists. Ten minutes daily for two years of the sniff breathing and fist-pounding exercise and her delighted physician pronounced her free from every sign of tuberculosis.

STOP BEING CHILDISH

Many are our invisible talents, but the vast majority of people live and die, and never discover even a single one. When shall we grow out of our childish ways of fear and limitation and learn to live and enjoy super-lives. Our limited life of working, sleeping and eating is but imitation living.

Nothing less than the full stature of living should satisfy. Long for wisdom, happiness, greatness; study eternally at the feet of those who are truly wise. Of the 1,700,000 young men who were examined in the United States for service in the great war, only 4% had expanded minds. Time and energy and purpose are required to enlarge one's mentality, but the priceless dividends, resulting from higher mental action, will insure a precious lifetime income.

KNOW VALUES

Dr. George N. Wolcott, entomologist of Porto Rico, reports the following facts. A local ant, the hormiguilla, had assumed pest proportions. To get rid of them, poisoned meat was placed close to their haunts. Dr. Wolcott visited the spot and found it swarming with another genus of ants, who were dying in hordes because of partaking of the poisoned bait.

These ants were actually fighting the hormiguilla for the deadly poison. When all the hormigas bravas ants had poisoned themselves, the hormiguilla moved in to eat their deadly prize, and that was the end of that particular swarm of ants. Almost the whole world is FIGHTING for the spurious that hinders, weakens, and kills. Just a mere few are wise to Cosmic Truth and so escape the fate of "The blind leading the blind to the ditch of destruction."

LIFE IS INFINITE

Every new discovery is but a revelation from universal mind. Everything that is or will be is already waiting the pioneer thinker who DARES to move forward half a century or even a full century ahead of his fellows. Every new discovery is a fresh proof of the actuality of Cosmic Mind.

To live in the infinite state of consciousness, persevere in practicing higher mental action. Mushrooms spring up and disappear in a day. Be like a tree, send out your mental branches deep into the soil of life, searching, ever searching for increased understanding. In Cosmic Truth we live and tower in power. In Cosmic Truth we are masters of life.

FEEL YOU HAVE POWER

Why is one person's action greater than another's? One has developed the knack of feeling what he says and does; the other lacks the power to put feeling into his words. Mind is VASTER than matter. The understanding of Mind, insures the ultimate success in living. The conscious mind may disappoint but there is no loss occasioned in utilizing Cosmic Mind.

The physical organization of a dog differs little from that of a man. The flesh does not make you, but the Mind does. Your mind is your wand. Begin to use it more creatively.

A HUNCH IS A COSMIC MESSAGE

In the fall of 1927, I was lecturing in the city of Chicago and casually called on the Brentano Book Store on Wabash Street. A saleswoman happened to remark, "Mr. Gaines, why don't you write a year book? Have an inspiring verse and philosophical talk for every day in the year!"

Believing this invitation was a distinct Cosmic message, I promptly returned to the Congress Hotel, where I always stopped when in Chicago and provided myself with pads and pencils in abundance. I then made a bargain with Cosmic Mind, and asked it to assist me in providing the ideas for poems. I also placed the time limit of twenty days to complete the writing of the entire book of 366 original short poems and 366 corresponding inspirational talks.

As a general rule I had about thirty personal telephone calls each day at the hotel, but to my amazement not a single call came in the first day I was engaged in writing. Before I retired that night I had completed nine pages. Each evening, from 7:30 to 11:00, I carried on my lecture work; this was in addition to the writing of the poems before and after the lecture.

Precisely at the close of the twentieth day, my new book, "Days of Understanding," comprising 366 pages, was completed. During these twenty days of creative writing, in some mysterious way, my usually active phone was distinctly silent, as if the invisible power of the Universe, which I felt was cooperating with me, was arranging that I should not be disturbed in my endeavors.

After that date my phone callers resumed their inquiries at the regular rate. In the ordinary course of events, it would have taken me one or possibly two years to write "Days of Understanding"; that is, of course, if I had depended solely on my conscious mind.

As we learn the technique of contacting and utilizing the creative unconscious Cosmic Mind, our writing, and creative ability is augmented a thousand fold. As we make higher mental action a daily practice, life is replete with increased happiness and productiveness.

LEARN TO COMPREHEND TRUTH

Prejudiced minds are partially blind. Unwillingness to investigate the unusual is nothing but narrow, shallow thinking. Truth cannot make an impression on undeveloped or closed mentalities. Unless the urge to LEARN is present, life is almost certain to remain mediocre and finite.

Mind unfoldment is an education. We must learn how to use our mental gifts. Man's mind is a part of the GREATER COSMIC MIND. Life is limited to the width of our thought. Shallow thinking can never unfold a deep life. The greatest force in mind is faith. Eliminate faith and little or nothing remains. Faith forces us to investigate. Faith is the engine that enables us to dare become what we should be.

INVISIBLE LAW IS CHANGELESS

The universe never alters its laws, they are unchanging. Often they may seem harsh, but ever are they just. What we experience today we ourselves created in the past. Man, according to the use of his mind chiefly, is his own REWARD or his own punishment. The universe works silently and invisibly for the ultimate betterment of mankind. Good, not evil, is the IDEAL of universal mind.

It is due to limited understanding when we rail against the laws of life. It is the essence of wisdom to seek to comprehend them. We are all living under Cosmic Law and predestined to some degree. However, when we are awakened into Higher Mental Action, when we seek to tune and adjust our every life activity with the harmony of UNIVERSAL law, then do we become rulers and masters of fate, conditions, and circumstances.

BE AHEAD OF YOUR TIME

Snap out of any rut of dwarfed living. Oliver Wendell Holmes, still hale and hearty after 80, said to a friend, "It is faith in something, enthusiasm for something, that makes life worth living." Some years ago I saw a sign in the window of a large bank in the city of Detroit: "See this world before

you see the next." Make life-discovery your purpose. Live deeper, expand your vision to the limit of the next century or ten or twenty centuries from now. Our ability to progress is not exhausted; in fact, the average man has never begun to REALLY live.

Universal Mind reaches its highest development in human beings. Man is millions of years ahead of other types of creation. Man has scarcely begun to appreciate his inheritance. He is still blinded as to his inherent majestic powers. He has never appraised himself according to the concept of UNIVERSAL potentiality. Desire to gain mastery of mind. In so doing the confining walls of limited understanding are pushed back and a vaster world reveals itself.

USE YOUR GIFTS

Varied are the potential benefits of life, but so few of us are profiting by them. An advertisement by the Los Angeles Telephone Company reads, "Prepare for the New Age." We are launched into a New Age whether we care to admit it or not. If we are to BE MORE, we MUST KNOW MORE. "From nothing comes nothing."

If we are to achieve extraordinary results in this New Age, we must put more thought, more search, more depth into our daily hours. Commonplace individuals are the result of lack of higher thought. The hard working German scientist, Roentgen, was asked the secret underlying his discovery of the X-ray and he replied "Investigation."

LIFE CALLS, "THINK HIGHER!"

The world teems with men and women who are but half intelligent. They eat too much food. They darken their lives by wrong thinking. They invite premature old age because of physical indolence. They hesitate to change their ideas even when the EVIDENCE of failure is present to prove their ideas are futile and faulty.

Intelligence is harmonious movement in the right direction. All methods of living that are not first of all based on the premise of intelligence will disappoint. Such methods are not aligned with Cosmic Truth. Intelligent living is not an endowment, it is a steady unending unfoldment. By sickness, failure,

and unhappiness, life seeks to explain that lack of intelligence produces self-built punishment. When we choose to blunder through life, heavy is the price we are compelled to pay. As we grow in higher mental action, our life ascends to vaster heights.

COOPERATE WITH LIFE

As we work with life, life works for us. As we put more life-understanding into our years, life proceeds to grant us an increased and happier measure of years. We enjoy freedom of action to quite a degree. We can DOMINATE our environment, we can master our inheritance. Truth helps us to do that. Without truth we are just creatures, deluded, mistaken, exploited. In Cosmic Truth we are invincible, creative, and triumphant. Cosmic Truth also protects us from all danger and accident.

EXPERIENCE OF A STUDENT OF TRUTH

In the summer of 1930, I was invited to visit a friend's home at Yankee Lake, N. Y. My daughter, Lillian, accompanied me. When we arrived at the country road leading in to the lake from the main thoroughfare, we found the way was blocked. A careless motorist had left his car in the middle of the narrow roadway.

Across the road, at a country hotel, was the careless car-owner, who, noticing our predicament, came rushing heedlessly across the road to remove his car, which was blocking our ingress to the lake.

Precisely at that unfortunate moment, a car swung around our car and struck the thoughtless motorist a terrible blow, which knocked him ten or twenty feet into the ditch. Immediately a crowd of about fifty hotel guests and others assembled.

The car that had bowled over the unfortunate pedestrian was driven by a young man, and his frightened wife sat by his side. The car came to a stop by the roadside twenty-five feet from where my daughter and I were standing (as we had left our stalled car immediately after the accident).

When the car came to a standstill, the door was flung open and the young wife sprang out and darted through the

onlookers who had quickly assembled as the result of the accident. To my amazement, the frightened woman ran toward me, threw herself into my arms and clung to me in a sort of frenzy.

Her heart was pounding like a trip-hammer. In a moment I realized she was in danger of death from her awful fright. "Peace," I whispered to her, "all is well. The accident was no fault of yours, and you will be held blameless." In a few minutes the State Police had arrived on the scene, and I went forward and stated that the accident resulted from the victims own thoughtlessness. As I had predicted, the car driver who had struck the careless car owner was exonerated by my testimony, and the testimony of other witnesses of the accident.

I ventured to quiz the young woman as to the reason for her extraordinary behavior in rushing through more than two score of people, who were closer to her than myself, and asked her pointblank why she had elected to seek protection from the writer.

Her reply was most amazing. "I am a Truth student," she replied, "As the accident occurred, I simply opened myself to the protection of Truth, and asked to be led to the source of safety for my husband and myself. When we drew in by the side of the road, I was impelled to leap out of the car and rush through all those who were in my way, and threw myself into your arms, where I felt my safety lay." Then she smiled naively and whispered, "Truth has never yet led me astray."

How wonderful is life when we DARE to live actively in all three planes of existence—physical, mental and spiritual. How inadequate is life when we believe the physical is everything.

AGE IS NO BARRIER

Life rewards those who dare climb to the heights of loftier thought. It is never too late to begin the practice of creative thinking. Beethoven was 52 before he composed his greatest masterpiece. William Cullen Bryant made his translation of the Iliad when he was in the seventies. Gladstone was elected Prime Minister of England three times after his sixtieth birthday. Old and young may always discover the dormant life powers they have within. All can learn that life and circumstances are subject to the human will through improved thinking.

NEW THOUGHTS—A NEW LIFE

Form the habit of using the precious present hour. Millions fail because they look back to the ancient past. Today is life, but it needs our close attention. When attention is scattered, we cannot do our best in the hour in hand. Endless thousands fail because they divert their attention from the present hour toward a VISIONARY future. "Look well to this day," is a challenging motto which is actually the background of successful living.

Learn how to scrutinize your thoughts. Exclude the imperfect; welcome the noble and daring. To gain increased power in living, put the ideal of dominion into your plan of thinking. From greater thoughts flow strength, wisdom and endurance. Every day you breathe and live, educate yourself in POWER thinking. Always is life the measure of our thoughts. Settle deeply into Cosmic Mind, trust it and it will truly sustain and protect you.

POWER IS LIABLE TO LOSS

A ten year old boy, being chased across a field by an angry bull, escaped by leaping lightly over a high fence. Forty years later he returned to that locality and attempted unsuccessfully to leap the same barrier. In spite of his increased size and strength, he could not surmount the fence as before. What did it mean? It meant that the question of his boyhood danger contained the idea of MUST. He must leap the fence to save his life. The later attempt was without the element of danger involvement.

The first principle of living is self preservation. It supercedes all other emotions, including sex. Life is loaned to us to study it, to use it, to preserve it. When we fail to appreciate our inheritance, life wanes and presently passes. When we display an eagerness to get more from life by increased understanding, life is on our side; it increases and expands. Millions are failing and dying because they lack desire to LEARN to discover how to live and endure.

TRUTH IS A ROCK

Out on the shifting sands of the desert is a poor place to attempt to build a house. Those who are compelled to reside in sandy wastes cannot expect to live in houses, but they can

live in tents. The rocky foundation of Cosmic Truth is not a sudden happening; it is a product of time and experience. First we may have to live in the sand itself without any shelter. Then we can afford to buy a tent. Presently as we DEVELOP an understanding heart, we can move away from the unfriendly desert to a place where we can build a substantial life edifice on a rock that promises security and safety for our dwelling.

Cosmic Truth is not easily acquired, but when we daily open ourselves to its inflow, it will most likely become the leading power of our life. Truth must be SOUGHT. AS we earnestly desire it, somehow we unfold the ability to exercise higher mental action and thus gain its power in our life.

Power is found OUTSIDE of ourself. The ability to desire and know Cosmic Truth is an inner possession, but it is ever discovered by outer searching. Possibly the reading of illuminating books proves the readiest medium of contacting truth. Also discovery may come by conversations with those who are wisely conversant with truth principles. Not forgetting that through frequent unlearning and discarding that which is not so, Cosmic Truth is often found.

THE MEANING OF LIFE

Luther Burbank, seer and super-man, says in "The Harvest of the Years": "All living things, as I see it, have three powers inherent in them: the power to fight for their self-preservation, the power to re-create themselves in progeny, and the power to VARY." This is a most startling statement and should be universally known and investigated by every person.

Self-preservation is always a conflict; the alert or the fittest survives. When we are faulty in our mode of living, accident or disease overtakes us. The emotion of love, the reproductive urge, is the second principle of existence and is closely akin to self-preservation. The power to vary, to change, to unfold, to IMPROVE, is the third principle of living. We are here to better our own life and to help, by our wisdom and influence to bring beauty into other lives as well. The more fully we comprehend these basic concepts of living the more profitable will our life become.

OUR HIGHER PRIVILEGE

To serve well, to grow in truth, to inspire others! Not much use in living to amass money or to hate others! More than 500 very wealthy men and women commit suicide every year in the United States. As we plan to live and THINK our best, many good things come to us which are denied those who are satisfied to live without higher thought control.

As we resolve to live in Cosmic Truth, it becomes our background and protector. It is a MARK of intelligence to live a great life of beauty, service, and inspiration. Not much profit comes to the man who sits back in a chair and waits and hopes for life to grant him health, happiness, and success. The man who really enjoys life and succeeds is the man who knits his life actions, physical and mental, in with Cosmic Truth.

"MUST" WILL CONQUER ALL

If sick affirm, "I *must* be well."

If in need affirm, "I *must* succeed."

If unhappy affirm, "I *must* be glad."

Millions are in need because men and women feebly think about things instead of deeply desiring them. Take on the attitude of absolute necessity. Feel what you desire is indispensable to your well being that your life is inadequate without it.

For years, people may desire something but somehow it is withheld. Possibly feeble mental action is the real REASON for the lack of supply. Try out this New Age way of concentrative thinking. Deeply think your need, your special desire, and feel that everything you do will be a MAGNET to attract your desire to you. Limitation and failure are overthrown in the presence of higher mental action.

THINK AND RECEIVE

Some years ago a kindergarten school teacher in a very large city was sorely troubled because of her failure to enroll 40 children in the kindergarten class. She had but 22 registered. The law governing the number of pupils required to maintain a kindergarten class in that particular school was very strict.

As a consequence of this limited enrollment the position of the teacher was in jeopardy. Naturally her happiness and success were at stake owing to the stress of this threatening condition. In her trouble she sought my advice. She was an excellent teacher and beloved by the children. I informed her that she could reasonably hope to increase the enrollment by higher mental action even in the few short days at her disposal and save her position in that school.

Her notice of dismissal reached her on Monday morning and the following Friday afternoon unless 40 little children were registered in the kindergarten class, it would be disbanded and the teacher would be compelled to face a dreary round of waiting and searching for new employment.

On that fateful Monday afternoon I drilled her thoroughly in higher mental action and promised too that I could personally concentrate for her to receive the requisite number of little pupils within the following **FOUR DAYS**. On Friday evening an excited voice called me to the telephone. It was the teacher. "It has worked out so beautifully," she gratefully explained. "Our class now numbers not only 40 but actually more than 40, so my position is saved and I will have the privilege of serving this larger group of little tots."

Almost miracle-like, life becomes, as we train and practice to use our minds as **CREATORS**. Creatorship does not follow if we are content to sit around and think feebly, and hope for an improved status of living. How excellent is life and living when faith, intelligence, concentration, and practice in the **RIGHT** direction are all combined in one glorified harmonious whole. Truly is this living-combination the promised abundant life which can be achieved only through higher mental and life action.

IMPROVEMENT IS A SCIENCE

Anyone can probably live for quite a goodly number of years in an ordinary fashion. To live life in a super-degree, however, requires careful planning and intelligence. A handy man who puttys in a pane of glass may think he is an architect. But there is a wide gap between the architect who plans and supervises the erection of a beautiful home and the handy man who inserts a pane of glass in a window frame in an indifferent manner.

Our lives tend to follow the trend of our thoughts and habits. Whenever sickness appears, or when failure threatens, these signs often indicate that we are but a handy man and not a finished architect of living. Though we believe and IMAGINE we are excellent life builders, the quality of our life is the only answer. A good tree brings forth good fruit. A mistakenly managed life harvests sickness and chaos.

TEST YOUR BELIEFS

The principal point in thinking is the question of the veracity of our accepted belief. It is not a question as to what we believe in, but the important side of our belief is this: "Is my belief actually based on supposition, or founded on pure Cosmic Truth?" Supposition sometimes may be linked with truth. However, truth is ALWAYS truth.

BELIEVE THAT WHICH IS SO

Into my class one evening came two saddened parents seeking dietetic help for their five year old daughter who was grievously afflicted with chronic asthma. They confessed they had been feeding the child extensively on meat, eggs, and cereals, all acid-reacting foods.

These old-time parents believed that these foods were excellent fare for their stricken child. I said, "Your mental action is on a faulty plane. Under your system of treatment and feeding, can you not observe your daughter's condition grows steadily worse? You admit yourself that death is very nigh to your child tonight. Yet you continue to persist in your accepted brand of feeding, because of your own personal belief which in this case is, as you can see, absolutely improper."

"It may hurt your pride," I continued, "to change your opinion as to what food is good for your daughter but it is only through a drastic change in diet that your daughter can find relief from her asthma." The parents were amazed to learn that acid-reacting food was the real cause of their daughter's dangerous illness. They readily consented to a diet of alkaline reacting foods and other simple hygienic measures.

A week later, the class was thrilled immeasurably when the delighted parents ushered in their little daughter, now

smiling and happy because she was on the high road to perfect health. Faulty thinking engenders faulty beliefs. Faulty beliefs create improper attitudes. Improper attitudes predicate wrong decisions. Wrong decisions ruin life, as the element of truth is lacking.

Higher mental action alone holds the assurance of PERFECT decisions. It is not so much a question of thinking, but the chief issue at stake is the quality of our thoughts. If our thoughts are not based on Cosmic Truth, in all probability our beliefs are mainly false. Our personal life then takes on the false quality of our beliefs; consequently our lives reflect sickness, fear, worry, ignorance, limitations, and discord. Disaster always follows low mental action, harmony ever reacts to higher mental action.

LIFE IS A SCHOOL

Life's laws are similar to our alphabet of 26 letters. The latest dictionary contains more than 500,000 words. Yet the lowly number of 26 letters forms this massive volume of words. In life there are about as many laws as there are letters in the alphabet. When these laws are discovered, combined and utilized, our life becomes a big book of power.

When a problem confronts us, we open our book at the right page and there is printed the solution to our problem. How interesting is life when we study in the school of living and learn how to change for the better. A great life is developed from nothing more or less than the unfoldment of sufficient intelligence to enable us to discover and utilize the HIDDEN principles and laws residing in our Cosmic World.

THE UPWARD LOOK

The destiny of man is upward, ever upward. We are not here because of chance, but because of purpose. We should not complain of a dark outlook in life. Rather should we proceed to cultivate the upward look—the idea that “Life can be and should be a glorious evolution.” It will be as soon as we leave the old path of common mental activity and walk the high way of higher mental action which alone leads to perfect understanding.

No sane satisfaction can come from erroneous practices. Our thoughts make our atmosphere. We carry them around with us. We reflect their quality from our countenance. They are behind our attitudes, they influence our decisions, they really are our personal life. Thoughts should first of all be true. Life itself is the essence of truth. Life lasts, life continues, life perpetuates because it is truth. As pure truth begins to sway our thoughts and govern our decisions, life will decidedly improve and change for the better.

VISUALIZING A DESIRE

It is rightly said that "life is as you make it."

In the spring of 1920, I wrote my first book, "Vitalic Breathing." Day by day, as I wrote, I visualized that it would be accepted for publication by the Reilly Lee Publishing Co. of Chicago, Ill. On completing the manuscript, I went to Chicago to call at the office of this company, for I felt that they could handle my book most advantageously.

Mr. Reilly, head of the firm, received me most courteously, but when offered the manuscript said, "We never decide quickly. It will take at least six months for us to make a decision whether or not to accept any book."

I replied, "Mr. Reilly, I want you to read this manuscript tonight, and I guarantee that you will accept it tomorrow. Really, I mentally decided that you were to publish my book while I was compiling it, so I am confident that you cannot avoid doing so."

The following day I called again on the publisher and found him deeply interested in my book. "I believe Vitalic Breathing is a remarkable discovery," said Mr. Reilly, "so we accept your book for immediate printing on a regular royalty basis. Incidentally," he continued, "this is the first time we accepted a book for publication on less than six months notice."

It is said that John Wanamaker, the day he opened his tiny first store in Philadelphia, mentally visualized a great department store with the name John Wanamaker over the doorway. Years later, such a huge store materialized not only in the city of Philadelphia but also in New York City.

The spirit of the potential oak is enclosed in the tiny acorn. Even a little thought, affirmed and reaffirmed, may

grow forth into a life of greatness—even for the humblest individual.

Have faith in higher mental action! In spite of repeated failures, continue to affirm, meditate and anticipate until your dream comes true.

MISTAKES ARE USEFUL

Through mistakes we reach wisdom. Through pain we discover before it is too late that we are seriously ill. Through failure we find time to think, and so learn the cause of our trouble, thereby preventing future failures. We are foolish if we do not learn a lesson from our misfortunes. We are all living either good, bad, or indifferently in the great HOUSE of life.

There is certain PROGRESS where there is WILL. The highest use of will is the will to learn to use higher mental action. Life can be a march toward perfection for everyone; such a goal should be our urge. We must think first of all what we want to become, then we should think ourselves toward our goal. Failure is caused by indifference to the true meaning of life. Life ever demands that men and women must improve their thought habits if a higher standard of living is desired.

NO STANDING STILL

Life is upward or downward. It takes no more time to win in life than it does to fail. The winning way is an upward climb. The losing way is a downward drift. To attain, OBEY the laws of the visible and invisible planes. We are subject to the laws of both worlds. In the downward way we stress our belief in limitations. In the higher way we advertise that we have faith that we can attain.

As high as our faith, can we ascend. Faith is the paramount quality of thought. As lofty as our imagination, so high do we scale. Life DELIGHTS in rewarding all who feel they must have more of the good things available in the light of truth. Think of a high estate for yourself then pursue its way until you have achieved your goal.

TRUST YOUR OWN POWERS

Believe that there is an inheritance within you that is mightier than any discord that can come your way. Develop the "I am" consciousness. The ancient "Book of the Dead" says, "I am the I am." NO living creature save man can utter the words "I AM" and comprehend their significance. Make your deeper self stand forth and reveal itself to all mankind through higher mental action.

Life is a law and it works unerringly and unceasingly for all who use it harmoniously. Life awaits the call of the man who comes into the plane of HIGHER thought control. As we learn the technique of thought power we can do practically as we wish, we can be what we want. But in truth we will only wish for that which is good. We will desire to be only that which is beautiful and useful.

THE PRINCIPLES OF MIND

The principles of mind are: "What we fear we attract. What we hope for we create." Many years ago a sickly young girl was brought to me by her mother. At first the young woman was most antagonistic. She kept murmuring, "There is no hope for me." Little by little I won her confidence, until finally she consented to change her old thought habits and mode of living.

Instead of fear patterns she now implanted faith images in her mind. Instead of lying despondently in bed all day, I persuaded her to take a mile walk daily. Instead of eating what her food-ignorant parent proffered her, I arranged a special diet of alkaline reacting foods. She also took up the practice of Vitalic Breathing and daily swimming exercises.

Under the regime of this new and perfect design of living, this invalid girl became a tower of health and optimism. Three months from the day she first visited me as a nervous, trembling, human wreck, she led a group of young men on a walking tour of 23 miles. She arrived home at the termination of the long hike, glowingly excited and untroubled by fatigue.

Because of her release from the bondage of wrong thinking which brought her habits of wrong living, this young woman decided to devote her life to helping others to find health and happiness through higher mental action. In a

thriving Mid-Western city Miss G. now conducts a school of scientific living. She has been a benefactor to thousands of women, and also for the past eighteen years a source of health and happiness to herself and her loved ones. Never does higher mental action fail to win a rich reward for its users.

"DESIRE" STIMULATES ACCOMPLISHMENT

Some day the evening of life will arrive to shadow our lives and dull our ambitions. When that time arrives, a goodly life harvest should have been stored away. We should have evolved into a quiet state of peace and adaptability. If we make each new day a step toward perfection in higher mental action, we ensure the goodness, sweetness, and happiness of old age. The improvement of our thought, year after year, will change even our good world of earlier life into a BETTER world in later life.

Any possible later improvement begins in present desire. The vast ultimate of a rich later life is sown in the tiny seeds of today's desire. Desire is a ladder of many rungs that stretch upward to infinite heights. Desire makes life expand. Desire bespeaks a richer present and a larger future. Do not let any intimidating circumstances hinder your desire to grow. Any present fulness increases with perfect desire. Without desire to expand all present fulness may tend to *shrink or atrophy*. Nothing can remain as it is.

WHY BE ORDINARY?

The man who has no definite conception of cause and effect is to be pitied. He excuses his failures. He believes in luck. He thinks disease is natural. He thinks others do not understand him. He seeks to console himself with many unsubstantial explanations. He is never a clear thinker.

On the contrary, wise is the man who understands that sickness is but the effect of a cause. That poverty, failure and discord are not causes at all but SYMPTOMS of causes. The man who thinks along the lines of cause and effect will find that the world may not at first approve of him, but will honor his findings in due time.

THINKING IS AN ART

Mind has its laws just as physics has its laws. Presently there will be an absolute science of mind. Today in the laboratories of science, thought is being weighed, measured, analyzed, and photographed. As electricity gives machines the power to run, so thought is the force that activates our entire existence. Every human being should convince himself that thought is a dynamic force for good or ill, depending whether it is used constructively or destructively.

AN HISTORICAL EXAMPLE

Men and women become like the objects they see physically and mentally. This Cosmic principle is true in human and even in animal life. Jacob of old demonstrated this unchanging law when he made the spotted and ring-staked sticks and placed them adjacent to the watering troughs of the cattle. As the cattle drank, the image of the decorated sticks became impressed on their food and that image resulted in the type of marked calves that benefited the wily Jacob, who was a master of higher mental action as far back as Jacob's time.

In Carene Vandersall Gaines' book, "Secrets of Beauty and Charm," she likewise insinuates that the pregnant woman can impress the idea of perfection on her unborn child during the process of eating. It is a held, scientific fact that the only influence a prospective mother can exercise on her developing child is a nutritional one. It is within the bounds of reason, to assume that the forthcoming mother can use her daily food as a carrying medium of thought expression into the unfolding organism of the unborn infant.

THOUGHT CONTROL

Control your thoughts or they may control and ruin you. There can be no security in living without personal thought control. Thought control makes you a master of conditions and yourself. Worldly CHAOS ends when life is controlled by clear self-thinking. H. G. Wells calls our time "The Last Age of Confusion." Confusion ends as man takes control of his mental world. Uncontrolled thinking makes you a victim of circumstances. Controlled thought is higher mental action and makes you a master of circumstances.

KNOWING IS POWER

James Henry Robinson says, "If a comet were to strike the earth and we were forced to really depend upon our own power of thought, in six months 99% of the population would die." The average man is not a learner, he is a leaner; he lets others manipulate his mind, and it is these others who profit in so doing.

It is true we are rarely encouraged to think for ourselves. In personal thinking we usually become our own doctors, ministers, and managers. We are never true to ourselves, we can never really discover the wonders of a deep life, unless we practice self-thinking along higher planes.

HAVE MORE UNDERSTANDING

At this moment you, the reader, are expressing only that which your thought is capable of expressing. If you want to know more about life, if you wish to live richer, choose to deepen your mental consciousness. "I have no time or money to put into learning about thinking," said a wealthy man to me, then he added, "I want to die rich." Two years later he died, probably 25 years before he should.

To live rich is a worthier inclination than the desire to die rich. The greatest of all riches is lucidity of mind, and the ability to think clearly and understandingly. The wise man is an individual who has permitted himself to become knowing through learning. The man who says, "I have no time to learn," is digging his own grave at that moment.

THE COSMIC SECRET OF OBTAINING WHAT YOU WANT

In the fall of 1933 I was lecturing in the city of Los Angeles. Among the scores of students who attended my advanced course on life-building was an attractive woman, a victim of the depression that raged throughout the world at that period. Her present position was merely the peddling of nail polish from door to door.

Lacking the class fee, she saw me personally and I arranged deferred payments and assured her that as a result of taking up the class work she could name her own position. She seemed to be astounded at the confidence I displayed in

my work. I said, "What do you want to do." She replied, "I want to become a buyer or a manager in a store."

"All right," I agreed, "begin the practice of higher mental action by writing down on a sheet of white paper the desire of your heart. Supplement that mental plane with moderation in eating and the practice of Vitalic Breathing whenever you walk about the house or out-of-doors. Visualize each day that your mind, feet, eyes, ears, habits, thoughts, inclinations and decisions, will lead you to the place where you can obtain the superior employment you crave."

"By the way," I observed, "have you any department or specialty store experience?"

"No," Mrs. H. confessed, "my business life has been limited to a beauty shop."

"Never mind," I said, "Mind is the mightiest force on earth and it will most assuredly lead you to your pre-determined goal."

Six weeks of faithful practice of Cosmic Truth principles and the law of life betterment was fulfilled. While out on her daily twenty minute walk some one called to her from an automobile.

"Mrs. H., I want to speak to you."

Wonderingly Mrs. H. waited until the automobile came to a full stop at the sidewalk.

Then to her joy she found her accoster was a well-to-do woman friend whom she had not contacted in four years.

"I heard you were in Los Angeles," her friend exclaimed, "and I was seeking you everywhere as I have a fine position lined up for you."

"What kind of a position have you in mind?" queried Mrs. H.

"Why it is a buyership in B's department store, which, incidentally, is the leading store of Los Angeles."

Within forty-eight hours Mrs. H. was comfortably installed as buyer for three departments. Her regular promotion over the following years proves she has made good in a big way. From peddling nail polish and ringing door bells, to the buying head of three thriving departments in the space of six short weeks certainly attests the achieving power in higher mental action.

THOUGHT IS LIKE MUSIC

Right thinking, like music, works equally as well for the Hottentot as for the American. Thought, like music, has no religion or preference. Its only desire is to be used as a **FORCE** for harmony. Music is discordant when improperly rendered. Life is a confusion when thought is not in tune with higher mental action.

The purpose of universal mind is for man to use his thought as a mighty force for health and happiness. Mind is man's loftiest possession, but so often is it degraded by improvident use. Through the scientific use of mind we bring about pleasing **NEW** conditions and experiences. We can create a beautiful life by thought which is, in reality, the building material of life. A seamstress uses silk to create a pleasing evening frock; silk is the material for creating a dress. Mind delights to be actuated and utilized in a creative manner in personal higher life-building.

CONCENTRATION CAUSES INCREASE

From little comes little, but much gathers much. The farmer who sows a meagre acreage of wheat will garner but a slender harvest. A cheap confusing, dark thought increases these qualities within and without. A cheap thought is just as filling as a great one, but it is not profitable.

Never concentrate on fear or loss; such faulty concentration is likely to increase your liabilities. That is law of the universe. Every person has to think thousands of times each day. Is it not intelligent to **DETERMINE** that our present and future brand of thoughts will be of sterling and true excellence? Never can we get away from the fact, our daily thoughts are the bricks that rear up the edifice of our daily life.

THOUGHT IS LIMITLESS

As large as life, as boundless as the Universe, as heavy as the earth, yet as easy to control as a motor car is *thought*. Thought is everything, before we can move or act, thinking is invoked first. We are as the thoughts we think. Life is always following the trend of our persistent thoughts.

In India you can see a four foot pigmy controlling a five thousand pound elephant. The pigmy is the master of the gigantic beast because of super-brain power. Man, through the right use of mental laws can direct the whole Universe to do his bidding. Knowing these facts is not sufficient; these principles must be put to practical use.

A VIVID ILLUSTRATION

In the fall of 1898, the writer was discharged from the U. S. Army with a broken, diseased body. The kindly Army physician said that he could do no more for me. He thoroughly advised that I should have my photograph made to send to my relatives in the old country. It intimated that I had not long to live, and how I longed to continue living, as I felt that I was too young to die.

I did have my picture taken and I still have it to this day. At that time I was less than 115 pounds in weight, and absolutely a physical wreck. Today I weigh 175 pounds, and am a human dynamo. I resolved way back in 1898 to live, and I planted the image of life in my brain, and drove out the idea that I had to die.

Also I changed my diet for the better, took up a regular plan of simple exercises, and combined these activities with the practice of constant higher mental action. This great healing combination restored my health, renewed my youth, and quadrupled my strength. However, before I could eat right, or exercise daily, I had to develop power of will to put these excellent practices into daily operation. Truly all betterment qualities begin first in the mind.

USE THOUGHT POWER

You can know all about life and all about thought but it simply remains in your head unless you put it to rewardable use. The difference between freedom and bondage lies in the proper utilization of thought. Thought used in the right direction imparts power. Steinmetz, the electrical wizard had a deformed body but he became famous and rich because he employed the ideas he had in his brain.

It is not so much a question of imperfect flesh that is wrong with the world, but the matter of imperfect thinking. We do not have to overstrive, fear or overstruggle in life. All that is necessary is to learn how to use our thought in a higher way and thus come into the possession of a larger type of life. Thought rightly used will lessen our labor and grant us INCREASED incomes. Besides, clear thinking will cleanse our brain and heart of doubt, fear, and ignorance.

THE BEGINNING OF WISDOM

Holding on to ancient ways, obsolete ideas, and improvident thoughts, creates self-built limitations. Life should be an awareness of values. Without Cosmic Truth, how can we possibly recognize values? The beginning of wisdom is a search for life essentials and a resolve to discard and drop every type of nonessential beliefs.

Two thousand five hundred years ago, Plato said, "Take hold of your lives; most of these things that distress you, you can avoid. Most of these things that dominate you, you can overthrow." In higher mental action we can do almost as we wish. And all that we wish will be related to goodness, truth, and beauty.

THINKING IMPARTS POWER

The average person being a non-thinker, forms his opinions from the observation of others. He speaks in a parrot-like fashion, he gives off the impressions of their minds. Original thinking when constantly practiced will lift us sooner or later into the realm of life-knowledge. If we would walk life's highway with rugged confidence, strong, unfaltering, then should we practice higher mental action.

Thinking causes the mind to reflect, the heart to express, the soul to demonstrate its presence. It is the most precious of all gifts. Through higher thought, man rises above his creature nature and takes on creative ability. Thought is a building process, what we think in the silence today meets us in shape and form tomorrow or in the immediate future.

AWAKE AND THINK

Through the use of mind we can expand and achieve. Confucius says, "Those who know how to do a thing do not find it difficult; those who find it difficult know not how to do it." Declare that "I must know how to think so that I will learn how to use my mind for my pleasure and profit."

You are not true to yourself if you are not getting what you want from life. All lack is linked in with wrong mental action. Worry and discouragement usually result from improper thinking. Learn how to think right and avoid all unnecessary punishment. We are rarely punished by anything else save by a faulty brand of thinking.

THE MAN WHO SWALLOWED A GOLDFISH

A certain man in a large Pacific Coast city, is said, to have been a habitual drunkard. One night he returned home much the worse for liquor. He groped his way into the dark kitchen, as in his whiskey-muddled condition he was unable to locate the electric light switches.

Having a terrible thirst and a splitting headache, he veered toward the kitchen sink in search of drinking water. His hands encountered a large round bowl brimful of cold water. This bowl he lifted to his mouth and proceeded to drink copiously. At that inopportune moment his good wife descended the stairs from her bedroom, entered the kitchen and switched on the electric light.

The sobering husband blinked in the light and to his consternation discovered he had been drinking from a goldfish bowl he had noticed on the dining table that morning and which had contained at that time a fair sized, lively goldfish. Horrified, he explained to his wife, "Send for a doctor dear, I've swallowed the goldfish."

"Nonsense John," returned his wife, "you did no such thing. The goldfish was killed by the cat this afternoon and I washed out the bowl and filled it with fresh water and left it here on the kitchen sink." "You are making up that story," responded the addled husband, "I know I have swallowed the goldfish because I can feel him jumping around in my stomach."

For many months following, the man twice a week visited his doctor and he strenuously objected whenever his physician suggested there was no goldfish in his stomach. He persisted in being deceived in his delusion; although the cat had really killed and eaten the goldfish on that fateful afternoon.

One day the man reached his doctor's office in an increased state of mental anguish. "Oh Doctor," he shouted, "I fear that goldfish was female as I think there are several of them in my stomach today."

Realizing the gravity of the situation the doctor said, "Go home and I will get the goldfish out of you this afternoon." The physician in the meantime phoned the man's wife and ordered her to buy a live goldfish and leave it in a receptacle near the bathroom sink.

The physician administered an emetic to the nerve wracked sufferer and as the patient ejected the contents of his stomach into the bathroom basin the doctor adroitly palmed the bought goldfish and flung it into the receptacle. The patient seeing the goldfish flopping in the sink triumphantly shouted, "I knew there was a goldfish in my stomach all the time for there it is."

Truly does faulty mental action cause distress, illness, delusions, and failure. Just as certain does higher mental action afford sanity, joy, health, and poise.

MIND IS ENERGY

Thought is the instrument of mind and we can think ourselves up or down. The great Cromwell says, "The mind is the man." Our inner thoughts reflect and color our outer world. Thoughts should be clear, discerning, and deep. Whenever thought is expressed, it changes into a force which may build or destroy.

Each deep thought we express, reacts in our life at some future time. If we are to make excellent progress, we must train ourselves to think excellent thoughts. We cannot expect gold from dross. As our life displays darkness or light these manifestations have been caused by former modes of thinking. Tomorrow is always colored by the quality of the mental activities of today.

AVOID CONFUSED THOUGHTS

Life's difficulties are largely due to confused or scattered thoughts. Clear thinking is of incalculable value. The PURER our judgment, the more exact are our thoughts. Concentrated thoughts become a power. Concentrate your thoughts on the goodness of beauty, health, and youth. Decide that you should possess them in all their fulness.

Our thoughts create and re-create within our body. Benevolent thoughts improve; all dark thoughts disfigure. A perfect life springs from perfect mind action. Thought is creative action but can build only according to the grade expressed by the individual. The joy or the adversity that we meet tomorrow or next year is almost entirely the harvest of our present mode of thinking. If we value a desirable future, we should today proceed to root out all undesirable thought images.

LEARN BY THINKING

Through practice the athlete fits himself for the Olympic games. The athlete practices in the right direction and wins the first prize. Every prize that life can give will be awarded to those who earn it by higher mental action. There is but one method of life control, that is through the medium of conscious thought. Through higher thought we attune with UNIVERSAL mind. Cosmic Mind is all-wise and all-knowing; why not have it as a protector and friend through this easy way of improved thinking?

Learn to express life in a full manner, in harmony, peace and abundance. Learn how to eliminate sorrow, self-pity, shame, disease and poverty; they represent the weeds of wrong life action. Fate and destiny are under your own control. Through perfect thought expression, you can as readily control your career as a captain at sea controls his ship.

LIFE'S SUPREME GIFT—MIND

The greatest power we possess is the ability to control our thoughts. Life is a form of punishment for millions on account of defective thinking. Defective living always follows the expression of defective thinking. From like comes like. Universal laws are unchanging. A good life does not just happen, it is earned because of mental superiority.

Those who know the power of superior thinking have a great advantage in the affairs of life. They know values, they are not chasing after things, they lean toward wisdom, books and avenues of rich expression. No matter what we lack, if we make the necessary mental and physical effort it must surely flow to us. Herbert Spencer says, "Nothing is more certain than that we are ever in the presence of an infinite and eternal energy from which all things proceed."

CONTROL IS WITHIN

We live in three worlds simultaneously, inner, outer, and universal. The universal world is not of us, but is within us! Through directed thought we tune in with Cosmic Mind. Without thought control we probably will never discover the greatest of all of our potentialities, Cosmic Mind.

Actually we are sons and daughters of Cosmic Mind. As we incline toward the discovery of its mysteries and lean toward the proper use of thought, this majestic inner power proceeds to reward us in a thousand different ways. The universe cannot help us if we keep busy with foolish non-essentials. When we evince a desire to learn, we have taken a step in the right direction.

THINK FOR POWER

Thought is a form of vibration; it goes out in waves like electricity. When we implant feeling into our thoughts they begin to bear fruit. Every form of thought is energy. It produces a definite physical action and an ultimate reaction. Whatever it is our desire to create, can be created by our creative instrument of mind.

Reflect at this moment on any adverse condition in your life. Begin to treat it by thought, declare it is useless to you and command it to pass out of your experience. Matter is powerless in itself. The light in your eyes, the expression of your mouth, is not due to chance but to the quality of your thoughts.

MIND IS ALL PERVADING

Every thought we hold has an influence felt through our entire organism. Sometimes years must pass before this influence is noted. But sooner or later the reaction arrives for good or ill. We are consciously or unconsciously bombarding constructive or destructive vibrations into our cells, blood, and nerves.

How desirable it would be at this juncture to again lay down your book and begin a mental housecleaning; clear out the obsolete, petty annoyances, futile fears, foolish superstitions; eliminate everything that is unwanted, discordant, or unharmonious. You are the heir to a great kingdom—that of Mind. Value your mental endowment, prize it, protect it, watch it, use it rightly. The right use of mind offers everything that is worth while—poise, joy, money, truth, health, wisdom, youth, fame, power, and control of circumstances.

USE REVERSE HABITS

If you are plagued with a sense of impatience, realize it is not a friendly gesture; it will most certainly hurt you in the eyes of others. If you awaken to its threat and wish to eradicate it, begin to affirm, "I am the soul of patience." Then supervise your every future action and check those tending toward impatience.

The transforming of the mind is merely the reversal of our thoughts. The transferring of our mental activity from a negative path to a POSITIVE one. This change is a conscious performance by personal desire. Bad habits will not right themselves but they can be improved or changed entirely. All change is in the mind; we should engender there a throbbing desire for harmony. Our mind, through higher mental action, can be made a mighty thousand stringed instrument rendering sweet harmonies all through our life.

COSMIC MIND IS CONNECTED ALWAYS WITH THE CONSCIOUS MIND

In the summer of 1932 the writer paid his first visit to the city of Denver. His purpose was to lecture and give classes in mind and body building. He arrived one Saturday in June, a stranger in a strange city.

In lecture work there are always certain men and women in every city who are alert to the value of lectures. The names of these lecture goers are necessary so as to circularize them and ensure a large audience for the free lectures which precede the class work.

Circularizing ordinary people selected at random from the telephone book attracts about 2% of those invited to the free lectures. However the habitual lecture attenders will respond from 10 per cent to 12 per cent. Having no list of lecture prospects for Denver, I decided to tune in on Cosmic Mind and seek its co-operation.

Accordingly on Saturday night I wrote down my desire on a sheet of white paper and retired in the belief that I would receive the answer to my problem on Sunday morning. I awakened bright and early the next morning, but failed to receive any definite or concrete answer.

However, I did receive an intuitive hunch to attend Divine Service at a church situated more than a mile from my hotel. After the service I proceeded to walk back to my hotel. I had a general idea as to the way back so I walked slowly along the way, wondering where or when I would locate my lecture-prospect list.

I suddenly found myself on a rather unfrequented street and to my amazement as I reached the middle of the block I came to a full stop, my feet actually seemed to be glued to the ground. I knew there was a Cosmic purpose behind this phenomenon and I looked around carefully and found there was a restaurant directly in front of me.

Following my hunch, I entered the restaurant and seated myself at one of the tables. Picking up the menu I was amazed to find the idea of food harmony carried out in the various items listed. I requested the waitress to bring the owner who had arranged the menu card to my table. The owner, Mr. Cambor, presently arrived. I soon discovered he was vitally interested in serving better food to his patrons and religiously attended lectures devoted to diet or health.

"Do you happen to have list of people who are interested in lectures?" I queried. "Yes indeed," he asserted, "I have fully 5000 and you are welcome to send your lecture announcements to any or all of them." As a consequence when I opened my free lectures several days later, my hall was crowded

to its seating capacity and I had the privilege of bringing my message of truth to many lives.

Truly, positively, unnerringly, and inexorably does Cosmic Mind delight in helping those who try to help themselves and who aspire to help others. Night or day, in sunshine or storm, in stress or freedom, Cosmic Mind waits to reward, increase, or favor all who call upon it. Believe in the majestic power of this supreme influence. Get into the habit of turning to it when you cannot help yourself by any other means. It is never too busy to refuse aid and help those who make themselves worthy of such stupendous, awesome help.

WITHIN AND WITHOUT

John Wesley the great religionist taught his followers to "Look within." What we picture in our mind is so often reflected into our world without. The darkness we are prone to notice in others is in all probability our OWN stored up inner darkness. When our inner world is permeated with joy, poise, and peace we are almost certain to discover these same qualities abundantly in our friends and loved ones.

We have an abundance of thought capacity. No person during life will ever be deficient in thought—potentiality. To make our thoughts better, we must impregnate them with the idea of betterment. Fixed SET thoughts should not be encouraged. Often that which is considered evil today may be estimated a VIRTUE tomorrow. Just as the vibration of electricity can produce heat, light, power, and music, so can controlled, directed thought lead us into every beautiful avenue of life expression.

THE VISIBLE AND INVISIBLE

Thought, invisible in the beginning, may culminate as a skyscraper or a gigantic \$50,000,000 bridge. Form is the result of mental law. First the silent invisible thought, then the physical feeling, and physical activity, then slowly the invisible takes shape and in due time stands revealed in faultless form. We are so often lacking in appreciation for this wonderful creative power which is within us. We seek here and there for HELP and all the time the help we need is on tap and superabundantly present within.

Think on the things you want, not on the things you do not desire. Think of health and abundance, joy, and wisdom. What we concentrate on **TENDS** to multiply. What we desire to forget soon passes from our memory. If unwarranted ideas fill your mind, **WILL** that they shall dissipate; keep them crowded out by implanting the ideals that your desire to see expressing in your affairs.

LIFE IS NOT MATERIAL

Life is a twofold force, positive, and negative. The negative side is disintegration, the leveler. The positive side is integration, the builder. The pull of these forces backward and forward are of perfect **COSMIC** origin. Both the leveling and the building principles are needed, all operate under a perfect system of evolution.

We should pattern our lives after this universal plan. We should use the negative pole of our nature to break down our limitations and level that which is not true. We should use our positive pole to rebuild a larger and better life in the consciousness of **TRUTH**. We can build steadily forward if we learn how to become intelligent in the use of life's laws.

WIN BY FAITH

In the fall of 1926, the writer had a young woman in his New York City class, a Miss L., who had been left a tract of land comprising several hundred acres in the vicinity of Mexico City, Mexico.

Miss L. had held this acreage for a number of years and had paid considerable taxes to the Mexican Government. Her friends urged her to give it up, hinting that it was a waste of money to pay taxes year after year. Miss L. asked the writer's opinion on the problem. Incidentally, the land had been left to her by a deceased uncle, long employed as an engineer in Mexico.

In the silence, I received a positive hunch that the land was very valuable and so advised Miss L. to retain faith in the property and pay all taxes to date.

Within six months, I received a happy note from Miss L. saying that her property had been selected to be the new airplane base for Mexico City, and that she had received a substantial sum for it.

As long as life lasts, the way to victorious living will be found through faith, courage, intelligence, and the development of will power to persevere in higher mental action.

MODERNIZE YOUR LIFE

It is old fashioned to be sick or unhappy. The whole UNIVERSE teems with healing and power. Progress is slow with most people because they fall behind the march of progress. There was a certain frog in a well that tried to climb up its slippery sides, but he never succeeded. He slipped back TWO steps for every forward step he made.

Humanity is making slow progress indeed. Life marches ahead, a step, then some food stuffed, wrong thinking statesman DECIDES it is time for another war and civilization is set back two steps for the one forward step we had made. It is only by increased higher mental action that we can keep forging a little ahead. It is a question of individual right thinking at first. As others feel our influence, they will respect and desire such a personality as ours and will then be constrained to likewise improve their own mode of living.

THE CAUSE OF WORLD CHAOS

Our ambitions mostly lie in a wrong direction; we are chiefly concerned about SELF. We are eager for money, fame and personal comforts. We want our own family to have the best affordable. All the weight and influence of our lives seem to be centered upon ourselves and the possession of things to make us and our dependents happy.

Altruism should play a broad part in the enterprise of life. The vastest, greatest, most dominating urge of existence should be excellence of service. A desire, a willingness, a goad to be of TRUE service to our fellow man. To bring him light, healing, and illumination. However, before we can illumine others we ourselves must be illumined! If we unconsciously inflict error on our neighbor, believing it to be truth, we darken his life instead of lightening it.

KEEP REACHING OUT

Life has ever been an evolution from the simple to the complex. Keep climbing the heights of THOUGHT and TRUTH. Our time is our own—we can use it as we will.

Mind is given us as the greatest and most potent gift of all. Through higher thought we deepen and enlarge our lives, thereby helping all humanity. This expenditure of time pays us the maximum life-dividends.

If we adopt the error that others mistakenly believe, in so doing we are holding back the progress of the whole human race. Without truth in our lives we are a liability to ourselves and a **MENACE** to others. Your thought is your energy. You can use it for good just as easily as for harm. But first of all find out what is actually true, useful and good.

RIGHT THINKING WINS

The things that are needful and necessary for happiness are withheld from some people and flow in abundance to others. It is actually a question of **WORTHINESS**. Cosmic Mind never withholds from those who deserve to receive life's rich blessings. Great thinkers for thousands of years believed in a Super-consciousness in mind. Socrates believed that he was directed by a mind independent of himself. Shakespeare observed, "There are more things in heaven and earth, Horation, than are dreamt of in your philosophy."

Thomas Jay Hudson says, "Man has two minds each endowed with separate and distinct attributes, each capable under certain conditions, of independent action." Thomas Edison stated, "We do not know a millionth about anything," and it is safe to assume that conclusion included the mind of man.

THREE PLANES OF MIND

The Conscious Mind

The mind of awareness. The mind of the waking state. The intellectual mind. The mind of ordinary memory and experience.

The Subconscious Mind

The higher plane of the conscious mind. The mind of unconscious life. The hypnotic, somnambulistic or sleeping mind. The mind of perfect memory and perfect retention. The mind of unconscious creativeness. The rapid mind.

The Cosmic Mind

The unconscious, Universal or Infinite mind. The Creative, Macrocosmic or Subliminal mind. The mind of Intuition, Second Sight, and Pre-vision.

DEFINING THE NATURE OF THE BRAIN

The brain may be compared to a phonograph record. It is the seat of memory, emotion, and pain, but cannot think for itself. The brain holds the records of all the reactions of the five senses from birth to death but is utterly incapable of creating a single idea from itself. The brain is a nerve center for memory recording, not for self-creating.

DEFINING THE SEVEN INSTRUMENTS FOR MIND OPERATION:

SILENCE, THINKING, DECREEEING, SPEAKING, CONCENTRATING, ANTICIPATING, VISUALIZING.

Our capacity to think determines our capacity to be. Everything exists for man's health, happiness, and success. The Universe is man's servant when he elects to use his conscious mind to lift him to the lofty altitudes of a vaster world. All progress is but a change of mental attitude toward existing conditions.

TUNE IN WITH COSMIC MIND.

In the winter of 1929 I had concluded a successful series of lectures in the city of Chicago. I had the idea of making St. Petersburg, Florida, my next point of contact. About noon time one Thursday, I closed my eyes, clasped my hands and lapsed into the silence and asked Cosmic Mind to give me a message or hunch by midnight as to whether I should next open my lectures in Florida or reopen another series of talks in Chicago.

Patiently I waited all through the afternoon and evening for my anticipated sign, but none came. Close to midnight I entered the hotel elevator to go to my room. As the elevator shot upward I noticed the two morning newspapers on the floor of the car. The headline in the Tribune read, "Chicago World's Fair Certain of Success," or words to that effect. The headlines of the Herald said in substance, "Failure Threatens Many Florida Banks."

I felt these newspaper headlines were intended to answer my request to Cosmic Mind. Accordingly I remained in Chicago and conducted a second series of lectures and classes and had a tremendous success. Later I learned that another lecturer who campaigned in St. Petersburg regretted the enterprise because of financial loss.

Cosmic Mind is the ALLNESS of mind. It is the source of all wisdom and power and is instantly available to every human being for practical use. Slowly but surely the human race is becoming aware of this supreme force for larger living.

THINKING SHOULD SPARKLE

Life improvement follows the installation of vision and purpose. Everyone should have an INCENTIVE, to think in such terms that will help ourself and thus promote the welfare of our fellow man. Our first job is to improve then our influence will help everybody else.

Transformation cannot happen overnight. Definite gains should be noted each new day. Become a pupil of the Universe. Be EAGER to learn and you will be thrilled at the rapidity of advancement. Direct your life toward greater usefulness and increased understanding. Seek to discover more inner and outer life potentialities and harness them into harmonious activity.

INTELLIGENCE IS EVERYTHING

The whole of nature is based on pure intelligence. Nature knows what it is doing. Life is so VAST, even if we lived for ten centuries, we can never learn all of its lessons. But we can learn something HELPFUL every day. As we learn more we deserve more, so increase after increase is showered upon us.

Ignorance of life's laws begets limitation and poverty. Knowledge of life and higher use of MIND opens up a thousand fresh avenues of rich supply. In the school of living, you learn how to armor yourself against sickness and trouble. You can see the good in all discords. You have the understanding to solve all problems. You can build superiority into every lesser condition that enters your life.

LIFE DEMANDS LITTLE

Life requires but a few efforts from us and in return grants us undreamed of HAPPINESS. Life wants us to be intelligent, to be clean, to eat vital food in moderation, to use our breath consciously, to be audacious, to learn daily to use all of our gifts, to obey the whole law of our being, to THINK deeply, to serve well.

These requirements seemingly are most ordinary but you will not find one person in a hundred observing all of them. That is the reason sickness or poverty affects ninety out of every hundred persons throughout the world. The Universe never expects anything unreasonable. If these simple efforts are carried out each day we become masters of life and destiny.

FITNESS TO LIVE

Ever is it a question of fitness. Those who survive are those who have demonstrated to the satisfaction of the universe that they are entitled to prosper or live. When we wisely care for our bodies and seek to IMPROVE our minds we demonstrate we are deserving of promotion and reward. Life is never opposed to us, life never punishes us. All of our misfortunes are self-inflicted because of IMPERFECT and faulty living habits.

Improper thinking makes us arrogant. Pure thinking makes us humble. Humility in understanding is a most desirable acquisition, but it takes years to reach that goal. However we are never too old to make a start in that right direction. As we find TRUTH and desire to help others to reach that desirable state we prove we are FIT to keep on living.

LOOK FOR GOOD

For the next ten days resolve that every unhappy experience will be met with a joyous manner. That you will see all trouble as harmony, all loss as a reward.

The problems that so tow'ring loom,
I gaze upon with seeing eyes.
And glimpse beyond forbidding gloom,
And see they're blessings in disguise.

It is my personal conviction that the invisible Universal Forces protect us and GUIDE us when they see we are really trying to improve. The slightest indication on our part to THINK more clearly may attract undreamed-of abundance. If we have the courage to try to help ourselves, the Universal forces will most certainly, and right speedily too, cooperate with us.

DARE TO USE COSMIC MIND

In the month of June, 1928, I was quite perplexed, as I was unable to locate a building large enough to house the hundreds of students who had registered to spend their summer vacation with me.

For almost six months, I had used the New York City and Boston Newspapers advertising for a large hotel or school to be used for my 1928 summer center. I had sent an announcement to thousands of my students announcing I would open my school on June 30 and now it was June 16 and I had no prospects for a house even at that late date.

However, I had not lost my faith nor courage. I knew deep down in my inner self that the hotel, though tardy in being contacted, would most assuredly materialize within the next few days. I make it a point never to appeal to Cosmic Mind without first using all available physical means.

But time was growing short, students were writing impatiently, "Where are you going to have your school this summer?" So I thought it high time to turn to Cosmic Mind for relief. Accordingly, on the forenoon of Saturday, June 16, I lapsed into the silence and requested the great Universal Spirit to come to my assistance and provide the necessary quarters for my summer center within three days time.

That self-same Saturday night in the little village of Audubon, New Jersey, a Philadelphia physician was taking his midnight bath. He had been my student at one time and knew my New York City address. While in the bath he said, "I received an urging hunch that I should send you in New York City a telegram that I could procure you a new large hotel at Brigantine Beach adjacent to Atlantic City."

On Sunday morning, I received the doctor's wire and wondered how this physician knew that I needed a hotel. On Monday afternoon, Dr. C. brought the manager of the hotel

to me and I arranged for me to go to Atlantic City on Tuesday to inspect the premises. I was charmed with the beautiful hotel and the manager, Mr. Crump, assured me he would reduce his rates considerably for my students and supply us with the pure food I demanded.

I made the contract that afternoon without putting up a single dollar as a guarantee or for rental purposes. A few days later, all was ready, the students had been notified and on June 30 we were open for business and we spent ten happy, and financially profitable weeks in that beautiful place. One thousand students in all coming and going helped to keep the hotel busy the entire summer season.

Truly is life wonderful when we learn the technique of higher mental action. Just imagine at this moment, dear reader, awaiting your call stands Cosmic Mind, the Infinite and Transcendant Power of the Universe. Old or young, poor or rich, sick or well, Cosmic Mind plays no favorites. All who are awakened to Truth can tune in with this omniscient force.

BE RECEPTIVE TO GROWTH

You have it in your power to keep yourself attuned to growth and life improvement. The beautifying of life should be a ceaseless task. We find the exquisite orchid occasionally in the swamp but the jungle tendency is toward noxious growth. There should be little of the jungle or the swamp in our mind.

We should resolve to re-till that long-neglected mental garden, to pluck out the ugly, and nurture the beautiful. Life should be a STRUGGLE, but not a blind one. We should formulate an incentive to live better and adopt higher thoughts and habits. To the extent that we use our MIND and discover universal laws and take advantage of them, to that degree can we advance our prospects.

STUDY LIFE CLOSELY

Become aware of life's laws, they are not multitudinous. Universal laws are different from some of man's laws, which are chiefly of benefit to those in authority. Universal laws are for the PROTECTION of all forms of life on earth. Never is partially found in them. They favor the ant, the humble

daisy, the elephant to the same extent that they protect a human being.

When we follow universal laws, these great forces become our friends. We enjoy the blessings of *health*. Piling years do not rob us of our *youth*. *Peace* is firmly established in our hearts. True *wisdom* fills our MIND. *Money* in sufficiency for our modest wants is in our pockets. This good fivepoint life becomes ours as we THINK deeper and live rightly.

LAWS ARE FUNDAMENTAL

The same UNIVERSAL law that operates for the HOT-TENTOT governs the King on his throne. When error regarding disease, happiness, success or education is believed, then DISHARMONY is created. Laws cannot be changed but they can be studied and their conditions met.

Harmony is health, beauty, joy, love and every form of rich supply.

Harmony is YOURS for the seeking and the taking. Your profession, your books, the use of your time, is but of minor importance unless their use leads you to the MAJOR goal of harmony. Study life when trouble appears, THINK as to its cause. Recognize life is a law and that law is like the sun, it is for everybody. We cannot dodge or escape the working of LAW. The poor and the rich are all under its sway as long as life lasts.

LEARN TO LIVE

If we imagine we are wiser than Cosmic Mind what a tragedy we will make out of our lives. Millions of men and women want to eat without thought and think without reason. The Universe is opposed to all who live that way. The wilful and stubborn in error will most certainly go down to speedy and sure defeat.

When we learn the rules of living and follow them we have great PEACE; that is the reaction to fulfillment of UNIVERSAL LAW. Forget what is written about the limitation of a human being. Get rid of limited thoughts and ideas. Begin to think. "I need the protection of Cosmic Mind and it is up to me to deserve that protection.

BE ANOTHER COLUMBUS

Set out on a new voyage of discovery, not in the midst of a watery sea but in the vast ocean of MIND. We will always have mossbacks who are in a rut of error, who will decry our efforts. Ignore them as Columbus did. Know there is a larger possible existence and your special job is to find it.

The history of PROGRESS is the smashing of tradition and the crumbling of false concepts concerning life. Those who cling to any erroneous idea are rearing up a strumbling block for themselves and others. Get rid of false set ideas as quickly as you can, if you would leave yourself open to observe TRUTH when it chances to pass your way. If our brain is clogged with nonessential ideas, there is no room to house the treasures of WISDOM seeking to penetrate our clogged mentality.

LEARN AND ATTAIN

Before Edison could chain the lightning he had to learn how to accomplish it. Before Burbank became the wizard of plant life he had to learn NATURE'S LAWS back of plant growth. Unless we are in tune with the higher truths of life we cannot appreciate them. Each day we should humbly sit at the feet of Cosmic Mind and seek to have it as our greatest teacher.

Higher mental action is the greatest of all good friends. Its practice lifts us above all world-disharmony. It is the supreme gift of life, the gift that is the easiest to use and the most costly to disregard. The greatest POWER that is, is the knowledge of Cosmic Truth. No other assistance is required to make life gainful and rich. No other endowment is so necessary to develop super-manhood and super-womanhood. The day we resolve to LEARN COSMIC TRUTH, that day we move upward to a vaster life.

DO NOT LEAN

We are as strong as the UNIVERSE when we decide to use its mind and follow its laws. We are self-sufficient when we learn to KNOW truth. We are going down to defeat when we lean on others and feebly hope for better times. When we

harness our life to Cosmic Truth we are enabled to profit by its transcendent worth.

Every man has the power to become a conscious creator through the medium of mental control. The development of a higher life follows the higher utilization of mind and thought. Success, health, and happiness are always likely to follow rightly directed mental demand. When every conscious thought is bright and worthy, the trend of life will take on ascending quality and color.

Life mastery is established in mind selectively. Both limitation and vision are mental states. Limited, conscious thinking creates a limited, dwarfed, meager life. Vision-like thought produces an expanded, vaster greater existence of power and possibility.

LIFE IMPROVES WITH HIGHER MENTAL ACTION

Says Pliny, "The great business of man is to improve his mind." The uncultivated garden is overrun with weeds. The cultivated garden flourishes, likewise does the controlled, examined, cultivated mind. Says Montaigne, "I study myself more than any other subject," and the greatest of all studies is a man's way of thinking because therein lies failure or success.

The greatest strength is imparted in the MENTAL struggle to know more and more about the LAWS of the world we live in. We can be noted world travelers but at the same time be woefully ignorant concerning the laws under which the universe and life are motivated.

THINK TO LIVE

The battle of life brings out the best that is within. As long as we have a NEED, we have an incentive to carry on. When we are satisfied we stop thinking and aspiring. Life is given us to be lived. As long as we have bodies, we must carry them around with us. The conflict of life is overcome by SUPERIOR thinking.

Life may be compared to a chain. It is only "as strong as its weakest link." In RIGHT LIVING there are no weak links in our chain of life. Right living is the anvil on which to shape the plastic thought metals of life. Our body may be

crooked as was the case of Charles Steinmetz, but his thinking was so straight it brought him fame and fortune. Thinking to live better is a profitable enterprise. It is especially to be made a habit for our leisure time.

WHAT IS UNIVERSAL MIND?

Universal or Cosmic Mind is first of all INTELLIGENCE and it is also SUPPLY. The rewarding effect produced by high mental action, happens because we are thinking as UNIVERSALLY minded beings. Ordinary thought attitudes seldom are profitable. In Universal terms of mental activity we can make life respond to our faith and understanding. We can make each thought a miracle-worker of demonstration.

With the laws of Cosmic Mind, a man can change himself, improve himself, control his environment and conditions and become greater than his fate. Endless millions are but partially alive as they live solely in the visible. As we unfold our mentality to comprehend the UNIVERSAL or invisible world we are on the way to end all-life-distress, and life-misery as far as we are concerned.

KNOW UNIVERSAL MIND

Is it not pathetic that humanity accepts a lesser life when there is such tremendous power always available to us? We have been taught to look here and to look there for truth, but seldom is the SIMPLICITY of true personal power explained to us. Desire is the potent force to lead us to the fount of WISDOM. It is according to the degree of our desire that we progress.

Concentrated thought is the most powerful means for obtaining results. Nothing is impossible to the power of MIND. But mind must be harnessed to the laws of truth before it can function in the plane of perfection. Harmony is the law which makes the universe one grand place of exact activity. Knowledge gives power, and knowledge waits for all who dare to THINK for knowledge.

THWART WRONG THINKING

Every form of weakness must be uprooted from the mind. Why should we live to suffer? Why should we tolerate weakness that annoys or hinders? Growth is effort; all growth

should be away from sources of weakness, toward sources of strength. Make your mind a big broom capable of SWEEPING away every taint of weakness from your mental realm.

The plant reaches down into the soil for increased strength. So should we seek to discover Universal mind and let its laws endow us with deeper life qualities. Thought is DYNAMIC ENERGY, it works for us or against us, dependent on the manner in which we use it. The fruit of right thinking is always pleasing and delectable.

APPLY YOUR KNOWLEDGE

The only way we can avoid retrogressing is to keep facing forward. "Eternal VIGILANCE is the price of safety." We must apply what we know to all problems and distressing circumstances. The law of life is "the MORE we know the less trouble it is to live." Learning should take hours of our time each day; no other work is as profitable as the getting of understanding.

Without a knowledge of TRUTH, it is impossible to consciously use it. Shallow, counterfeit thought habits will never disclose our deeper life potentialities. They will never guide us into the presence of Universal Mind. Deep thinking is the only road to a life of higher dimension.

THE WONDERS OF MIND

Through learning, man has explored, analyzed, and HARNESSED the Universe. Mind has spanned great rivers and bays with mighty bridges. It has multiplied in a tiny machine the muscle power of a thousand men. It has vastly increased the range of human vision. It has enabled man to walk on the ocean's floor or soar in the air like a bird.

Back of all discovery demonstration and invention is thought—systematically directed, controlled thought. Idle, drifting habits of thought expression are not productive. We must take thinking SERIOUSLY. We must feel grateful for the gift of mind. We should be watchful that we use our brain for profit only. Whatever condition we desire to be expressed must first be implanted deeply into the mind.

COSMIC MIND IN OPERATION

In the spring of 1929, I paid my first visit to California. I knew but two persons in Los Angeles, and I was met at the train by my friends. In a few days I had made arrangements to deliver a series of free lectures at the Woman's Club on Figueroa Street beginning the following Sunday night.

These lectures were to be advertised in the newspapers on Saturday and already I had arranged for the distribution of thousands of circulars through the mail and otherwise.

On the Friday morning prior to the opening of my first free lecture I observed to my Los Angeles friends, "I am not entirely satisfied with our publicity. I believe I should go on the air tomorrow morning and announce my intended lectures by radio."

This observation was made while driving in my friend's car from my hotel to the Los Angeles Express newspaper office where I was due to proof my advertisement announcing my free talks. For the next few minutes I sent out an earnest desire that I would be invited to give an address on the radio the following day.

Less than an hour later as I checked my advertisement, a clergyman came up to the Editor's desk and said to her, "I am so hoarse from a bad cold I want to notify you that I am compelled to cancel my radio engagement tomorrow morning."

Without a moment's hesitation, the Editor turned to me and suggested that I could have the privilege of taking the clergyman's place and give an inspirational talk in his stead. Also the announcement of my lectures would go on the air before and after my talk.

Of course I jumped at the offer and mentally gave thanks to Divine Mind for the speedy cooperation in putting me into the AVENUE whereby my desire to broadcast became possible. In less than forty minutes from the time I mentally visualized my need to broadcast, the engagement was arranged.

Thinking is a miracle force in its highest processes. Millions of empty lives may be overflowingly filled if people will but take time to learn the technique of the creative thought and the DECREETING word.

THE LAW OF GROWTH

Primitive peoples do not change their status of living until they think in a higher way. Growth comes from forsaking the old and taking on the new. If our present type of life activity makes us sick or poor it has to be completely changed before we can find our needed health and abundance. It is TRAGIC to tenaciously cling to thought trends that are punishing us while falsely believing they are friendly and excellent.

We should aim to appreciate all that is desirable for our happiness. We should increase our mental stature each day, and so look out from higher altitudes. The greater our ability to KNOW VALUES the more certain our life will be a demonstration of abundance. Universal mind is seriously desirous that we enjoy a brimming richness of supply. It takes discernment and Sound Judgment to know what is good and wise. It requires determination and power of will to perform the necessary, mental and physical actions to EARN and enjoy that which is fruitful and good.

ERROR LOSES ITS POWER

As we become deeply steeped in the practice of TRUTH thinking, error loses its grip on us. If the light of truth fills our brain, the darkness of error is flooded out. How earnestly we should set about to capture truth! How deeply interested we should be to welcome the frequent IMPROVEMENTS that take place! We should expect good to flow to us all the time because we are conversant with truth. Truth everlastingly protects and rewards its users and followers.

“Think truly and thy thoughts
Shall the world’s famine feed.”

The famine of mankind is caused by thinking along erroneous lines. Our world becomes a Paradise as we substitute truth for error in thought expression. All that we should see is revealed, all that we should know is EXPLAINED, all that we should do is outlined, when we reach the dimension of Universal Truth.

LAWS OF MIND

Thinking mingled with feeling makes thought creative. A deep thought grows, develops, expands, creates. A divided thought has scant power of creativeness. All CONSTRUCTIVE mental processes result in a harmonious reaction. Destructive thinking attracts its own unhappy quality. The consciousness we possess at any given time can be IMPROVED by bettered habits of thinking and eating.

We never feel as well as we should because we have not yet found the perfect plan of thinking and eating. What we eat is decided by what our conscious mind thinks we should eat. Wherever we turn, the importance of thought crops up. No matter what type of thought we express, it causes some form of physical action. Keep endeavoring to express but one type of mental activity—GREAT THOUGHTS.

MIND IS A MINE

The ocean of mind is comparable to a gold mine valuable only when it is used. Mind is a potential dynamo but in itself it is as nothing until wisely operated. As we use our MIND in a higher manner we release ourselves from false beliefs and every form of limitation. In a simple short week of superior mental action, we may get more out of life than we could obtain in half a century of indifferent thinking and living.

Tune in with universal abundance in this manner. Sit or lie comfortably and place the fingers and thumb of the right hand against those of the left. At the same time keep affirming for several minutes, "I am in the presence of all supply and an abundance for my every need is now flowing to me."

ASK AND RECEIVE

Life is lavish in her gifts to those who will think for themselves. "Nothing for nothing" being the immutable law of life, it behooves every person to demonstrate he is worthy of life's richest blessings, and right thinking is the first step to this limitless storehouse of rich supply. All creative action begins with mind. A mind that is not trained along the lines of higher mental action can rarely sense an opportunity or appreciate deeper life values.

A servant of Jasper Becarra throws a large block of wood into the fire. Becarra rescues it from the flames and carves from it an immortal statue. Michael Angelo lifts the despised and rejected stone from the dust of a street in Florence and brings forth the imprisoned angel from the clutch of its granite embrace!

Life is a state of mind. All advancement comes through mind unfoldment. When a man chooses to let his mind remain dormant, he rears up an impassable barrier against his future progress.

Mind changes a lump of clay into a beautiful vase. Mind assembles metal, cloth, and wood, and man flies swift and true in his airplane surpassing the swiftness of any bird. Mind takes a few colors and a simple brush and we have a PRICE-LESS picture. Mind harnesses the wasted energy of Niagara and we have power to light the streets and homes of many towns, cities and villages.

CHANGE BRINGS IMPROVEMENT

In the year 1843 the first bathtub was installed in an American home. Religion and medicine worked diligently to oppose this innovation. Both institutions imagined the bathtub would injure the morals or health of the community. The man who put up that FIGHT for his bath tub was years ahead of the institutional minds.

Today we know that he was right and those who decried him were in error. The vast MAJORITY of the inhabitants of the earth think in a way to hinder their progress or destroy their lives. They cannot be blamed as their parents forced their false thoughts on them as children. This was done before they had a chance to reason things out for themselves. When wrong thinking is handed down from parent to child, it is a VICIOUS circle of error and darkness. A new and better philosophy alone can affect a change.

ALL IS LAW

Pluck a blade of grass from the field and place it under the lens of a super-microscope and take moving pictures of it. In the fraction of a second what a scene of activity unfolds! In that bit of leaf, one eighth of an inch long, there goes on

a busy circulation similar to the BLOOD circulation of a human being. Round and round pour millions of the tiny particles of leaf-blood with its varying corpuscles.

Mind permeates all forms of life, and mind is LAW. Mind is also ORDER, as we discover the plan of life-order, and proceed to use it, all the forces of the Universe begin to work for us. Law invisibly and silently operates in the physical, mental, moral, natural and spiritual worlds. There must be law; otherwise chance would rule and life would have no special meaning.

INCLINE TO POWER

All education is an adventure in thinking. Our schools, our colleges, our universities, are but laboratories and mental workshops—places where mental power is being DEVELOPED. In the first place we have silent mind, then controlled invisible thought which activates the deeps of our mind.

Every obstacle overcome, every problem solved, every success achieved will give us more FAITH in the ability of thought to become a medium of life-enrichment. The mental attitude of FAITH will help to make us victorious. As we improve our ideals, we set in motion invisible rewarding activity that keeps increasing the power and the strength of our lives. Says Emerson, "Thought is the property only of those who can entertain it."

GET WHAT YOU SHOULD

Every important fact now enlightening the world owes its existence to a humble brain seed, ancient or modern. Every great building in the beginning was just an idea in somebody's mind. Before we had steam power, railroads, telegraphy or radio, years of concentrated thought had been used. New inventions and new forms of growth and invention originate because of NEW THOUGHTS.

Join the ranks of this brave, forward movement in daily higher self-thinking. Renew the ancient Solomonic quest for understanding. The Universe reveals its bounty, beauty and rewards, as we persevere in THINKING and working toward a better life. Searching for that which stimulates, enriches and enlarges living, makes our few inches of brain soil change into "ACRES of diamonds."

SELF-THINKING

The most alluring offer which right thinking presents is freedom from ANXIETY. Creative thinking has the power to counteract and offset all unhappy tendencies. We can make our lives over for the better by improved THOUGHTS. The more we practice deeper thinking, the more we realize our oneness with the ALLNESS of life.

People who live by the higher thought URGE, live the supreme life. They live as well beloved sons and daughters of the Universe. Progress develops from experience and research. Wisdom flows as we experiment with deeper explorations into mind. Life should never be static from the standpoint of mentality. Each day should be a LIVING, growing quest for power, an eagerness to lay hold upon fresh facts. The only proof that any life can offer is its fruits. He who thinks deeper will soon be granted a good, sound and, fruitful life.

THINK CREATIVELY

Young people should be encouraged to think CREATIVELY. It is said that when George Washington was twelve years old, he wrote to a boy friend, "I shall marry a beautiful woman. I shall be one of the wealthiest men in the land. I shall lead the army of my Colony. I shall rule the nation that I shall help to create." Likewise, Napoleon, when a student at Brienne, wrote his mother, "With Homer in my pocket and my sword by my side, I hope to fight my way through the world." In his early twenties, we are told, Cecil Rhodes made his will leaving millions of dollars for educational purposes. At the time the will was drawn the entire capital of Cecil Rhodes totaled less than a single dollar. But higher thought is always highly creative when expressed through emotion, deep feeling and action. Twenty-five years later Cecil Rhodes had the necessary funds to carry out the requirements of his youthful vision. He made his boyhood dream come true by thinking and working in the right direction.

Thought is a vital force; it is now busily changing this old world of ours as it has never been changed before. Imagine all the marvelous inventions which have come into being in the past half century. They represent but the shadow of

some GREATER invention that is to be. The utmost need of man is to learn that he can CREATE a better world for himself through thought deepening or higher mental action.

DISCOVER YOUR POWERS

Without the polishing, a diamond remains but a bit of flinty carbon. Potentiality is the basis of growth. The invisible potentiality is the real YOU of a person. The YOU cannot develop of itself; first, must come the desire to expand. Then must follow the training period or time of unfoldment and practice. Even as we recognize our latent GREATNESS and labor to objectify it, we are on the way to the highlands of life.

Greatness of living is developed through greatness of mental and physical action. As we make creative thought a prominent factor in living, increased life-power is the result. We vainly seek power unless we turn to its only source—mind. If we are indifferent as to the quality of our thought our life stays narrow, faulty and superficial. Work is more intelligent and satisfactory when HIGH thinking is behind it.

UNIVERSAL MIND

Cosmic or Universal Mind sees all, comprehends all. Universal mind flows through us at all times. It is not, however, a physical part of us. As we lift our conscious mind we develop the VISION to glimpse the proximity of Universal Mind. As we contact this higher plane of mind, we calmly set out to quietly do that which hithertofore we considered away beyond our reach.

When we come into cognizance of our UNITY with Universal Mind we look outside as well as within ourself for the fulfillment of our desires. Life is inner and outer; mental and physical, both necessary but both inadequate when we use them singly. As we understand and appreciate that Universal Power is always at our beck and call we begin to comprehend that we are indeed children of the Infinite, and nothing is impossible to our thought and word.

THOUGHT AND BREATH

As we pump our breath into our lungs, we are in tune with the spirit of the atmosphere that surrounds us. As we close our eyes and think, we are at that moment in tune with

the invisible mind that permeates our universe. We must do before we can BECOME. To do more high thinking releases us from the thralldom of low thinking.

Every person is free to use COSMIC MIND—life's mightiest force. It has to be used before it can create: that is the principle of MIND. Let not our finite life falsely satisfy. Decree that you shall POSSESS a great life and the joys it afford. Living without the rewards of greater use of thought implies a partial existence.

THINK TOWARD THE HIGHLANDS OF LIFE

In the fall of 1919, a young man engaged in a minor post of salesmanship became acquainted with my work in Vitalic Breathing and Higher Mental Action. He was seeking to develop his voice and improve his acting ability. He visualized himself becoming a starred entertainer. I told him, "You are training, THINKING and practicing in the right direction so you must reach your visioned goal of stardom."

A year or so later he was a popular singer on the stage. A few years ago from that time he was on the air, then playing in pictures and his services were in constant demand. Because of his ability, he could name and receive the number of thousands of dollars he desired each week for his work. Today Mr. R. is still a comparatively young man. His popularity and large salary are still facts. Training in higher mental and physical action enriched his life as it will enrich the life of all who have the courage to think higher and climb higher.

THINK AND BECOME

The secret of getting ahead is to become conscious of your own powers. As we link in with Cosmic Mind we are lifted to loftier dimensions of living. We can only become FREE in the practice of Truth. Truth is the only power that ensures perfect liberation to its users. Truth has to be discovered and understood. It is usually revealed through necessity or desire.

As we pass our lives in the practice of Truth, life becomes increasingly unconscious. The only attribute that seems to be required is ETERNAL VIGILANCE, to everlastingly keep on the alert, to live so well that all of our activities will bring the reaction of perfect harmony. That applies to our physical, mental and emotional natures.

PRACTICE DISCERNMENT

The Universe is a Cosmos not a chaos. Become conscious that you have the opportunity to use creative Universal energy. It is the vastest of all earthly powers. As we utilize this supreme force we discover that the whole of life is a bendable, useable, plastic force.

As we become a channel for this Universal force to function, we can cease all blind struggle. Simply should we TRUST this infinite power. As our individual life touches Universal life, we become "Cosmically" conscious. Our thought becomes creative, our word is decreeing. All imperfect conditions dissipate in our attunement with Universal or Divine Mind. As we practice higher mental action, we seem to deserve and receive more.

A PERSONAL CASE

In the summer of 1921, I revisited New York City with the intention of making it my permanent residence. I had been living in the Middle West, and had purchased a home in a lively, small but thriving city in Ohio. I brought several hundred dollars along with me to meet my current expenses in New York. I found, however, the cheapest Central studio that was furnished to my satisfaction cost \$200 a month, so I knew my money would soon be exhausted unless I was lucratively engaged.

The third month in New York found me with \$150 to pay the \$200 rental bill due the next morning. I had made some money in New York, but since it was summer time, the people were concentrated on play rather than study. My rent was due on Monday morning and I had to provide it. No person owed me any money so I knew my only source of supply was limitless Cosmic Mind.

On Sunday afternoon I went into the silence and decreed that the \$50 would be immediately forthcoming for my pressing need. That night I was invited out to dinner at a student's home, and it was half past ten before I reached the Rodin Studios where I resided. The elevator man surprised me when he announced that a gentleman had been waiting for two hours to see me.

My caller came forward with extended hand.

"I did not mind waiting for such a long period," he said, "but evidently you do not remember me," noticing that I did not greet him as an acquaintance. "Don't you recollect," he continued, "last Sunday evening we happened to occupy adjoining seats in a Broadway theatre where a lecture was being delivered by a prominent clergyman."

"I happened at that time to get into conversation with you and I gave you my business card, and you handed me a leaflet describing your Vitalic Breathing and mental course which you were giving for \$50.00 by personal instruction in six lessons. This afternoon I happened again to read your circular and I received an urgent hunch that your work would benefit me, so here is the \$50 check for your course of instructions. However," he continued, "I will be out of town for several weeks and will call on you on my return to arrange a time to take the lessons."

Naturally I had the \$200 in full next morning when my landlady called, and here is the remarkable feature of this happening. The gentleman, Mr. L., a prominent New York City architect, who had tendered me the \$50 check, was so busy that four months went by before he notified me that he was ready for his lessons in life-building.

Since the beginning of time there has been a law predicating that "all things must produce after their own kind." It is the law of nature, and it is the law of thought. More, it is the law of the Cosmos. That which your heart desires may be attracted by planting your desire seeds deeply into your consciousness.

THOUGHT IS ACTION

The vast potentiality which resides in UNIVERSAL SUBSTANCE is discovered by thought. Thought is the point of contact between man and the Infinite. Through mind, man can stretch out for his DESIRE into invisible sources of supply and bring forth the abundance he demands. There is seemingly no limit or limitation in UNIVERSAL supply.

Life does either of two things to every person: It advances or retards his progress. At any given moment we are winning or losing. There is no such thing as standing still. A better day dawns for all of us as we think and live so well that life seeks to ADVANCE and not retard our life progress.

LIFE RESPONDS TO THOUGHT

To change outer conditions, change your thoughts about them. A higher thought produces a HIGHER inner vibration which reflects outwardly. A higher thought vibration modifies, changes or overthrows a lower mental vibration. High thought vibrations must be constantly used as a weapon to oust LOWER, unprofitable thoughts.

In the presence of lofty thought vibration, low thoughts find difficulty in existing. The mind cannot say "No" and "Yes" at the same moment. Many years ago, I was presented with a high bicycle, one that had a very large wheel and a small one. I climbed onto the seat of my bicycle at the top of a hill and rode in peace as long as I was traveling down hill. At the bottom of the hill I saw a farmer's cart rumbling along, filled with boxes of eggs. I thought, "I cannot steer around the cart, I will surely run into it and get thrown on top of the eggs." That is exactly what took place a moment later.

TRUTH WINS

When we get into the bad habit of looking for the imperfect and the discordant, our life begins to shape that way. Train to emphasize the "I Am," the spiritual nature of you. As we think in truth, our life changes into a TRUE demonstration of superb living.

Thought is spirit and spirit is creative. From this moment try to realize this is truly a wonderful world, and that henceforth you will live it in a wonderful way. Your mighty inheritance of mind will do it for you. Affirm, "I am a wonderful being and I now become a living magnet to attract all rich supply to me." Persist in anticipating and working for supply and it will surely become yours.

LIFE IS FRIENDLY

As we cooperate with the laws of living, life is on our side. During the French Revolution, each revolutionist went to his neighbor and said, "Be my brother or die." Life speaks eternally to all, "Live in peace in the harmony of my laws; otherwise you will suffer or die by disregarding them."

There are three grades of people—those who live fairly well, those who live very well and those who live superbly well. The difference between poor and rich living is MEASURED by our quality of thinking. Our thoughts make our consciousness and our consciousness represents the weakness or strength of our life. With every improvement in our process of thinking, there follows increased advancement in our quality of life and living.

LIVE FOR ADVANCEMENT

In the fall of 1898 I was terribly weak, poor, uneducated, and close to death. I frequently had to sleep on park benches, and often had no food to eat for several days at a time. Often I would stand over the grating of the Majestic Hotel on West 72nd Street, New York City, and hungrily inhale the appetizing odors of the foods that were being cooked in the basement kitchens. I often wondered if I could ever again have the strength to earn the price of three square meals a day.

In the fall of 1927, exactly 29 years later, in the large ballroom of that self-same Majestic Hotel, was assembled a great banquet gathering of noted men and women from all over America. This great group was in session to honor the writer—the poor and sickly young man of 1898, but now strong, well, vital, and successful.

Really life is nothing more or less than OPPORTUNITY. The seed of greatness and advancement is ever within us. As we prepare our mental soil and plant our thought seeds in it, they take root, fruitify, and flourish exceedingly. Thoughts are living, actual forces that produce and re-produce after their own kind.

As we visualize a greater life, it becomes possible. Whatever we desire to conceive is at that moment in the process of formation. When a pebble is dropped into a pool it ripples to the physical extent of the pool and then proceeds to ripple back to its original starting point. As we think toward the higher, and turn our thoughts from the lesser, the higher flows to us according to this immutable law.

The greatest potential gift that life affords is the privilege of thinking in a better way. How dim-eyed and dull-brained is humanity that forgets, or neglects, this precious gift that is within every man. Life is as the quality of our mind. A great life does not accrue by chance but by law.

Each one of us holds his fate and fortune in his own hands. Fruit is the visible thought of the tree. Life-quality is the visible thought of the individual. If our thoughts are weed-like our life-quality is common and unprofitable. If our thoughts are fruit-like, our life-quality is excellent and worthy. In the plane of mind, like always brings forth its own kind.

DISCOVER BY CONCENTRATION

Whatever power we desire to possess, whatever high quality we seek to unfold should be linked in with our daily thoughts and activities. The intermingling of our wishes with our acts tends to objectify our desires.

HAVE A NEED

In the spring of 1918 the writer desired to do his bit for the Government in the building up of young men who were rejected from the Army by the examining Draft Board. Accordingly, I opened a large exercise room in a downtown Cincinnati building, and I resided near that city when the United States entered the great war.

I advertised in the leading Cincinnati newspapers that I would train, free of charge, any young man who was rejected because of physical disability. I also took a number of civilians but made a small charge in their case. In this way I reconditioned a number of young men who were later accepted by the Draft Board for military service because of their improved physical condition.

One Friday afternoon in the fall of 1918, a middle aged man was brought to me in a pitiable condition. Many physicians had diagnosed the case as Locomotorataxia. I hesitated to assume responsibility for such an extremely direful case, but my inner self said, "Accept this man."

I told this unfortunate man that I had nothing in my work to proffer him at that moment but to return to me on the following Wednesday afternoon at five o'clock and I felt that I would have discovered something to aid his distress by that time.

From Friday afternoon until three o'clock the following Wednesday afternoon I faithfully kept affirming and re-affirming, "There is a curative breath in the Universe and I want to

find it." I concentrated, thought, anticipated, visualized, spoke, and worked for the discovery of that curative breath which I firmly believed existed somewhere in the Cosmos.

My prospective student was to arrive at five and now, at three o'clock, I had no sign, word, or revelation of the special breathing principle which I so eagerly desired to help my suffering student back to health and strength. I was getting desperate about four o'clock and all of a sudden I seemed to hear a voice which said, "Why you are allowed to breathe at will?"

I said to myself, "Why?" Then like a flash I spoke aloud, "So that I may breathe according to my will or conscious thought." I knew then my need was about to be fulfilled so I twisted my body in all directions and began to inhale and exhale consciously through my nostrils until suddenly I began to breathe in a series of sniff inhalations and forcibly expelled the retained air from my lungs.

SYSTEM OUTLINED IN "THE MAGIC OF BREATH POWER"

By five o'clock I had a perfect system of rhythmic sniff breathing worked out. The first practice of this revelation breathing plan convinced me it was of Cosmic origin, and years later I found it was the way the birds breathe when they fly often two thousand or more miles at a single winging.

Promptly at five my student arrived, and I taught him the breathing plan that had just been flashed to me from the Infinite. Within a few weeks his health was transformed for the better, and in the eighteen years which have intervened, more than 100,000 men and women have profitably taken up the study and practice of Vitalic Breathing which I named my discovery.

Truly does COSMIC MIND wait to bestow all its secrets, powers, and blessings upon man. It is the nature of Cosmic Mind not to force itself on unwilling people. We must feel the urge or desire for improvement before the Universe can help us or save us. Well does Thales say, "Necessity is the greatest power in the Universe." Say this very moment "I must improve my life today by higher mental action."

Pope has said, "The proper study of mankind is man," and it is certain that the highest and most important faculty of man is his mind. To quite a degree, man's mental world is more or less of a mystery, and the depths of human mentality are still far from being fully measured.

History is full of records of great men and women who felt there was a vaster mind than their own conscious mind compelling them to go beyond their ordinary selves and command an invisible power never before imagined.

A HIGHER CONSCIOUSNESS

The great philosopher Fredric Myers says, "I suggest then that the stream of consciousness in which we habitually live is not the only consciousness which exists in connection with our organism." As early as 1816, the eminent scientist, Sir John Herschel, speaks as follows, "It would seem from undisputed proof we have evidence of a thought, an intelligence, working within our own organization distinct from that of our personality."

There can be no higher form of existence until we relate ourselves to a higher form of experience through the medium of loftier thinking.

THOUGHT—BUILDER OR DESTROYER

The same pinch of thought substance expressed in the vibration of healing, inspiration and life enrichment can in its debased side create the opposite—sickness, worry, and life-poverty.

When life seems to be unfriendly and chaotic, the fault lies in our own thoughts, not in life's attitude toward us. Each thought we think is a builder for weal or woe. Thoughts are chisels and hammers that shape our lives according to their own exact special quality. The whole Universe is open to give us generously of its best, but all untrained, dark thoughts deny us high vision so the average man's mode of thinking condemns him to a life of anxiety and suffering.

WHY THINK WEAKLY?

Every form of weak thinking impedes our onward progress. To advance we must subdue and nullify our habits of improvident thinking. Let us determine to put mind, brain,

and thought to valuable use and to cease using these high forces for self-abasement or self-destruction.

Controlled, selected, constructive conscious thinking puts a new significance into life. No longer are we hoping and wishing for things to happen, we develop the faith and creative power to make things happen that will make us wiser, richer, and happier.

Invention, music, beauty, art, science, literature, are all related to mind. "Every form of advance," says Newell Dwight Hillis, "owes its impulse to a great soul with unique gifts." And the gift of all gifts is the awakened controlled mind.

USE TIME WISELY

When Walter Scott brought his young bride to his Scottish home, she found in the flower garden a sun dial with three words inscribed on it, "The Night Cometh." Life is short at its best. Life, therefore, is too brief to fill it with discord and suffering.

END ALL DISEASE

Some years ago, while in the city of Chicago, I received a letter from a New York physician, that the wife of one of my students was slowly bleeding to death from a non-malignant tumor. The constant hemorrhage had so weakened this young woman that she was unable to undergo a necessary operation. I wired back to the physician for a photograph of his patient.

A day or so later the picture arrived. I gazed steadily at it while I strongly affirmed that the bleeding would end so that the essential surgical measures could be taken.

Three weeks later I returned to New York City and called to see the patient at the Polyclinic Hospital. I found Mrs. B. well on the road to recovery. "At the hour you wrote you were going to treat me," she said, "the bleeding ceased and the operation was successfully carried out."

THOUGHT AND BREATH ARE SPIRITUAL FORCES

In the winter of 1914, early one morning in the city of Montreal, where I resided for seven years, a young French-Canadian girl called on me for help for her younger sister

whom, she said, was dying in the hospital from pneumonia. Some inner force compelled me to practice an immediate absent treatment, a procedure that resulted in her speedy healing.

First, I pulled the shades on the windows of my study and sat down before a table and mentally visualized that the body of the little girl was lying on the table. Then, I blew seven warm breaths through the open mouth on the mentalized chest of the child. I followed that up with seven cold breaths which is produced through the pursed lips.

Mentally I turned the body of the child face downward and repeated the breathing process on the back. While I breathed I held a deep concentrated thought that the child would be cured without fail. After the breathing treatment, I physically massaged the mentalized back and chest of the child for half an hour holding the thought that all congestion was being removed and all danger of death was being eliminated.

The writer also follows this breath-healing mental action plan for dissolving cataracts of the eyes; also it proved invaluable in many cases of deafness.

— Our work, our play, our home life, our social life, will begin to improve for the better when higher mental action becomes a daily life-principle. The man or woman in even the lowliest and most humble condition can make his or her greater demonstration through mentality. The mind is all-achieving and thought is the instrument of mind. It is not how long we live but how well we live that matters. The good life is our heritage so let us begin to think and live for it at once. Our present life is not fixed or set. Creative thought can lift us beyond the limitation of our present lesser life and enable us to become what we choose to be.

THINK YOURSELF UP

There are no dark hours in the light of higher thought. In the period of stress and deep travail, the mind creative grants us the courage and faith to affirm, "I am greater than any distress that can come upon me."

Higher mental action changes life from a struggle to an attainment. Seemingly the most impossible thing can become objectified by thought control.

MY VISIT TO THE WHITEHOUSE

In the winter of 1928, I was lecturing in the city of Washington, D. C. and I conceived the idea that I would like to meet President Calvin Coolidge whom I greatly admired. Accordingly, I began to concentrate that the way would open so that I could confer with the President.

A few days later a representative called on me and suggested that I should meet Mr. Coolidge. Naturally, I was delighted, with this proposed honor. The next morning I was ushered into the White House and spent a most enjoyable half hour with the President.

CONCENTRATION IS AN ALMOST SUPERNATURAL FORCE

It is my opinion that the daily working hours for all the people should be shortened to five, then people would have more time to think. Moreover, jobs would be available for all of the unemployed and more money would be in circulation and future depressions would be averted.

If enough people would concentrate for a five-hour working day, I am rather convinced it would become a reality before very long. The five-hour day may sound unconvincing to some people but I am certain it will be actualized as it is in line with social justice and the process of higher evolution.

If we think shallowly, little effect is produced by our thoughts. In deeper or "heart thinking," thought becomes highly creative.

"KING 'GAINES' IN STRENGTH"

During the winter of 1928, I conducted a class instruction course in Washington, D. C. and noticed in the headlines of the newspapers that King George of England was gravely ill. I felt the illness of the King was chiefly dietetic, due to the overeating of rich foods.

However, I resolved to put the law of higher mental action and spiritual healing into operation on behalf of the King. I wrote down my desire on a sheet of white paper, polarized it by holding it between my hands and strongly concentrated that King George should regain his health and strength.

That evening I informed my class members that I was convinced the King would not die, as had been predicted as I had spoken the word of healing for him. One class member said, "It is too bad the King does not know you are working on his behalf."

I replied, "Well, it may be announced in the newspapers before long." Some days later a student came rushing to my hotel and said, "Did you know that there is an article about the King in the paper, and your name is next to the King's and here it is, the caption read 'King Gaines in Strength.'" I still have that clipping in my scrap book.

A few years ago when the newspapers announced the dangerous illness of Tom Mix, I immediately concentrated for his recovery, as he and Douglas Fairbanks, Sr. are among my favorite movie stars.

A day or two later it was announced that Mr. Mix was out of danger. I presume that my concentration and affirming had possibly helped a bit.

NOTHING IS EVER LOST

Every attempt to use thought rightly sets in operation higher life vibrations. Often it may take days or weeks for right thoughts to bring their perfect demonstration, but in due time the harmonious manifestation will accrue. It is the essence of intelligence to THINK RIGHT no matter how dark or discouraging is one's condition or outlook.

LAW HEALS INFLUENZA

In the fall of 1913, in the City of Montreal, my wife was in the maternity hospital with our ten-day-old daughter. Unfortunately a serious epidemic of influenza broke out in the hospital and dozens of the babies died. My wife's physician called me on the telephone and urged the immediate removal of my wife and daughter to our home.

The following day, baby Lillian was pronounced dying from influenza at our home. The physician intimated that the eleven-day-old child did not have a ghost of a chance unless a miracle happened. I mentally resolved the miracle would happen. I assured my weeping, distracted wife that all would be well and our baby would not die from the influenza.

In a little room upstairs lay the baby with bright pink cheeks and a madly active pulse and high respiration count. It was my first experience with a case of influenza, but I made myself receptive to Cosmic Mind and in a moment I found I had placed the palm of my left hand on the back of Lillians neck and the palm of my right hand over her solar plexus region.

At the same time I visualized her as a big strong girl playing in the fields. I also spoke occasionally, "Life, Life, Infinite Life flows thru you." I simply held her in concentrated thought as a center of health and life. Within fifteen minutes the pink hue on the cheeks lessened considerably, within an hour a profuse perspiration covered her body, and I knew the battle had been won through higher mental action.

Our delighted physician observed the next morning, "Your baby is cured. I see the miracle did happen. How did you do it?" I explained my plan to the physician, but I fear he thought it was quite all right for me, but not an ethical or orthodox method for him to pursue.

Since that time, during the past twenty-three years, I have helped hundreds of men, women, and children back to health and strength through this wonderful method of hand-placing, coupled with mental photography that the patient would recover.

WHAT IS MENTAL PHOTOGRAPHY

In order to make thought creative, hypnotic, or decreeing, it is necessary to spend some time for weeks or even months in the practice of seeing with the eyes closed.

The following exercise gives one great memory and concentrative powers. I have used this law for eighteen years in my public lecture work and never require to consult any written notes, while speaking. Here are the two plans I use for making my thought creative.

I recline on my back on a bed or couch easily and comfortably. With closed eyes I now proceed to breathe in seven distinct sniff breaths. As I breathe in the first breath I visualize the letter A, with the second breath I visualize the letter B, with the third inhalation I mentally see the letter C, with the fourth intake I observe the letter D, with the fifth breath the letter E, with the sixth intake the letter F, and with the seventh sniff the letter G.

I retain all these seven breaths for approximately seven seconds, at the same time I mentally see the next seven letters of the alphabet, H, I, J, K, L, M, N. I then discharge the retained breaths in seven distinct sniffs while visualizing one after another the next seven letters of the alphabet, O, P, Q, R, S, T, U. I then rest from breathing for seven second while I mentally picturize the remaining five letters of the alphabet, V, W, X, Y, Z. Twelve complete breaths daily have powerfully developed both my lungs and my mind. This breathing and visualizing exercise also tends to make the mind creative and one's word decreeing. When you can mentally objectify a letter or object for fifteen minutes you may have the power to project it visibly in the atmosphere or flash it upon a white wall. Others too who are sensitive can see the invisible made manifest through this higher process of breathing and concentrating.

MORE ABOUT MENTAL PHOTOGRAPHY

Judge Thomas Troward of London, England, the eminent metaphysician, somewhere states, "The three greatest forces of life are the Bible, the Pyramids, and a pack of playing cards." For half a century I have used playing cards as a mind and memory developer. I ask a friend to call off a pack of playing cards to me and I mentally photograph each card as it is called. When the pack is exhausted I call back the cards in the exact order they have been announced.

Begin the practice of this feat with the reading off of ten cards daily. Then advance the number each day until you have mastered the knack of re-calling the entire pack of fifty-two cards. In a little while you will notice a quickening of your mind and also you should pleasurably note an increase in your power to write stories, mentally heal, and create new inventions.

VISUALIZE FOR SUCCESS

In the early fall of 1921 I stood on Fifth Ave, a comparative stranger in New York City, and watched the annual parade of thousands of New York City policemen go by. For three long hours I stood jammed in the jostling crowd and for the first time in my life I envied the favored guests who sat in the comfortable grand stand seats across the way.

I noticed the perspiring policemen and realized how much more efficiently they could march if they were acquainted with my Cosmic Discovery, Vitalic Breathing. For a moment I silently pictured myself teaching these thousands of brave marching men the science of breathing. At the same moment my inner voice whispered, "You can be what you THINK and WILL to be. All things become yours in the practice of truth."

Then I visualized myself seated with Mayor John Hylan, then Mayor of New York City, and decreed in thought that this would come to pass and I would actually be on the reviewing platform, an honored guest during the police parade to be held one year hence.

Again the power of higher mental action combined with physical ability wrought the desired miracle. In the spring of 1922 I was appointed by Police Commissioner Richard E. Enright to be the official Breathing Instructor at the New York City Police Training School and I continued in that capacity until 1926, when I left New York to go on a nation-wide lecture tour.

Also as I had decreed and visualized in 1921, as I stood unknown and unhonored for three leg-weary hours that sultry summer's day, came to pass the next year and several following years. I was an honored guest, seated on the Mayor's own reviewing stand.

You never can tell what a thought will do save this:

They speed o'er life's track to bring you back

Whatever went out from your mind.

Conscious, Subconscious, and Cosmic Mind I salute you. Through your Majestic Agency coupled with controlled breathing and physical action in the right direction, man can be what he wills to be, he can do the work that he yearns to do. In higher mental action every person can close the ugly book of darkness and ignorance and open the radiant book of Light and Truth.



USE WHAT THOU HAST

To use what man inherits makes him great;
No law, save this, can build a larger state.
Man lives and yet his power to live is dim,
He uses not the force God placed in him.

Man struggles thru a round of falt-ring years,
Beset on every side with discord, pain and fears;
He does not comprehend within his frame
Surpassing powers await his call and claim.

Man, blessed with eyes of spirit, seeth not,
He views his wretchedness and chastened lot,
And using but his outer eyes alone,
His greater inner self is rarely known.

Man suffers from himself, his life is blind,
He makes his troubled way a weary wind;
He is awake, yet sleeps, his life is vain,
Tho he might every altitude attain.

Man knoweth not the rich, abundant life,
His way is chaos and his path is strife;
He hopes and struggles blindly to the last,
But fails to use his heritage so vast.

What is this force that God has giv'n mankind,
To which he is so feeble, strange and blind —
This power transcending learning, things and pelf?
To fully use the mind force in himself?

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